

## **LOCAL PROGRAM SUMMARIES**



## LOCAL PROGRAM SUMMARIES

### OVERVIEW

CM is unique in that it organizes local communities to address the problems of substance abuse and violence. Community Mobilization assists community members in Washington's 39 counties to create and sustain healthy, safe, and economically viable communities, free from alcohol, tobacco, other drug abuse, and violence.

**In 2000 – 2001, Community Mobilization served a total of 547,758 individuals. Fifty-one percent of all participants were youth ages 10 – 18.**

**Community Mobilization uses the Communities That Care ® (CTC) risk and protective factor model**, a best practices model that provides research-based tools to assist communities in designing effective efforts to promote the positive development of children and youth; and to prevent adolescent substance abuse, delinquency, teen pregnancy, school dropout, and violence. *The CTC model is:*

- **Inclusive:** It engages all parts of the community.
- **Proactive:** It identifies and addresses priorities *before* people are involved in the problem behaviors.
- **Based on rigorous research:** It comes from a variety of fields (sociology, psychology, education, public health, criminology, medicine, and organizational development).
- **Community-specific:** It adapts to the uniqueness of each community, not a "cookie-cutter" approach.

#### **Community Mobilization Reduces Crime and Substance Abuse**

**Community Mobilization provided drug and violence prevention instruction in 32 counties:**

- **PIERCE COUNTY SAFE STREETS:** Community Mobilization has supported "Block-by-Block" organizing in 1,079 Pierce County communities. Police Department data shows a 33 percent reduction in crime in these neighborhoods.
- **KING COUNTY COMMUNITY ORGANIZING:** Auburn law enforcement reports a 99 percent reduction in vandalism after local CM Friday night youth events, as opposed to other Friday nights.
- **THURSTON COUNTY TOGETHER! FOR DRUG-FREE YOUTH:** In Thurston County, Methamphetamine Safety Education provided 97 meth safety education presentations to 2,431 people. Ninety-nine percent of those participants reported increased awareness of the dangers of meth and an increased ability to identify, respond, and communicate with authorities about a specific meth danger.

#### **Community Mobilization Improves Safety and Well-Being**

**Thirty-two Community Mobilization counties provided parent education services:**

- **OKANOGAN DRUG PREVENTION:** No youth DUI fatalities off the reservation were reported following Community Mobilization Youth Coalition events in Okanogan County (Okanogan County was previously in the top three Washington State counties for youth fatalities).
- **GREATER SPOKANE SUBSTANCE ABUSE COUNCIL:** Community Mobilization supported Big Brothers/Big Sisters to make 318 school-based mentor matches at 18 elementary schools.

## **Community Mobilization Improves Academic Performance**

### **Thirty Community Mobilization counties provided before- and/or after-school services:**

- **CHELAN/DOUGLAS TOGETHER! FOR DRUG-FREE YOUTH:** Of 520 youths in grades 1 – 6, from seven school districts who participated in an after-school program, 35 percent achieved an improvement of a grade point (or more) in at least one subject area.
- **COWLITZ COUNTY SUBSTANCE ABUSE COALITION:** Of the 470 students from grades K – 6 participating in the Cowlitz Community Mobilization after-school program, "Youth After Hours," 85 percent improved their problem-solving skills and 82 percent improved their conflict resolution skills.
- **YAKIMA COUNTY SUBSTANCE ABUSE COALITION:** 113 students, ages 6 – 15, participated in Community Mobilization-supported extended day instruction labs. Seventy-two percent of students who spent three months or more in the Lab increased reading, spelling, and math grades by 29 percent, and those who spent six months or more in the Lab increased their grades by 40 percent. Homework accuracy increased by 52 percent.

## **Community Mobilization Organizes the Community to Address Substance Abuse and Violence**

### **Thirty-three Community Mobilization counties collaborated with law enforcement and other agencies to offer coordinated prevention services.**

- **GRAYS HARBOR COMMUNITY MOBILIZATION:** Community Mobilization brought together over 35 people and 22 agencies representing the community. They assessed resources, needs, and gaps in service to runaway and homeless youth. The result is a new grant that will provide needed services to 200 homeless youth.
- **KITTITAS COUNTY ALCOHOL DRUG DEPENDENCY SERVICES:** Community Mobilization organized community members who contributed 150 volunteer hours in victim-offender mediation after Kittitas County Community Mobilization sponsored a restorative justice conference and trained 42 people.

## **Community Mobilization Leverages Resources**

### **A sampling survey of Community Mobilization in ten counties found that for every \$5 in state Community Mobilization grant funding, Community Mobilization was able to raise \$20 in additional funding – \$9 in cash, and \$11 in-kind match.**

- **GRANT COUNTY PARC:** Grant County Community Mobilization leveraged \$150,000 for four after-school programs serving 350 youth in rural communities.
- **PEND OREILLE COUNSELING:** Local Pend Oreille County youth raised \$50,000 in cash and \$54,000 in donated labor, materials, and equipment to build a skatepark initiated by Community Mobilization. This community project involved 50 volunteers and 2,300 volunteer hours.

**COMMUNITY ORGANIZING**

Youth Yellow Pages  
Community Web Pages  
Community Outreach  
Awards Banquets  
Coalition Development  
Rural Community Building  
Holiday Events  
Prevention Volunteer Coordination  
Skate Parks  
Block-by-Block Organizing  
Media Efforts  
Neighborhood Coalitions  
Drug-Free Business Events

**PEER ASSOCIATION**

Challenge Rope Course  
Team Building  
Recreational Programs  
Teen Centers/Coalitions  
Youth Support Groups & Leadership  
Theatre Groups

**FAMILY**

Parenting Classes  
Home Visits for Low-Income Mothers  
Homeless Youth/Family Services  
Family Resource Centers  
Public Housing Family Camps  
Domestic Violence Task Forces

**AWARDS**

Governor's Collaboration Award  
(All Counties)  
NW Peace in Action Award  
(Kittitas/Yakima)  
State SADD Advisory of the Year  
(Mason)  
Media Award to East Washingtonian  
(Garfield)  
Seeds of Change Award (Island)  
Personal Prevention Awards (King)  
2000 Safeteye Club of the Year  
(Okanogan)  
Robert Wood Johnson Fellowship & Exemplary  
Prevention Individual (Spokane)

**SCHOOL**

After-School Programs  
Tutoring & Summer Mentoring  
Dropout Reduction  
Safe/Sober Graduation Parties  
Rural Student Counseling  
Adventure/Education Programs  
Academic Assistance  
Prevention Education  
ESL Homework Assistance

**INDIVIDUAL**

Anger Management  
Social Skills Development  
Intervention for At-Risk Youth  
Youth Involvement  
Gay/Lesbian Youth Boards  
Cultural Sensitivity Training  
Drug-Resistance Training  
Empathy Building  
Alternative Arts Programs

**PROBLEM BEHAVIORS**

Smoking Cessation  
Crime Prevention  
Gun Violence Prevention  
Juvenile Offender Programs  
Fatal Vision Goggles  
Pregnancy Prevention  
Drug/Alcohol Avoidance/Drug Screening  
Methamphetamine Awareness  
One-one Child Directed Play



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**ADAMS COUNTY**

**Program:** Community Counseling Services

**Contact:** Edie Borgman

**Phone:** (509) 488-4074

**Mission Statement:** To collaborate with others in our county to contribute to the reduction of substance use and abuse and violence in Adams County. (Or as one youth stated “Let’s all work together, to do good things, for all of us.”)



**Activity #1: Community Mobilization Coordinator**

- ◆ Risk/Protective Factor(s): CM Support Activities.
- ◆ Description: The coordinator position is a portion (approximately 1/3) of the County Prevention Specialist’s duties. The County Prevention Specialist is involved in a variety of direct and indirect services including:
  - ◆ Resource for other federally funded youth program coordinators in Ritzville, Lind and Washtucna.
  - ◆ Resource and facilitator for “Strengthening Families Program: For Parents and Youth 10 -- 14”, a “best practice” in Ritzville and Lind.
  - ◆ Actively working with Othello Housing Authority, Othello Child Development Center/Washington State Migrant Council, Community Counseling Services, Adams County Sheriff’s Office, Othello Police Department, U.S. Fish and Wildlife Service, Washington State Department of Fish and Wildlife, Adams County Resource Center (a domestic violence/sexual assault program), Adams County Health Department, City of Othello, concerned community individuals, and volunteers to offer a “Hey Kids” Summer Youth Program for high-risk youth in the Othello area.
  - ◆ Community representative for the SAFTYE/SADD (Stop Auto Fatalities Through Youth Efforts/Students Against Destructive Decisions) club at the Othello High School. Attended meetings as the Prevention Specialist/CM Coordinator and encouraged their participation in statewide events.
  - ◆ Served on the boards and networked with other groups including Interagency Coordinating Counsel, Adams County Community Network, Community Counseling Services Advisory Board, People Against Illegal Drugs, and “Hey Kids” Summer Youth Program committee.
  - ◆ Provided grant writing expertise in collaboration with other prevention providers to apply for funding throughout Adams County.
- ◆ Outcome measures:
  - ◆ Survey data: Developmental Research & Programs (DRP) administered a Network Analysis survey. The results are found in “Community Mobilization Evaluation, 2001 Final Report”.
- ◆ Process measures:
  - ◆ 804 people, ages 0 to 65+, were served.

**Activity #2: DARE (Drug Abuse Resistance Education)**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior.
- ◆ Description: Drug Abuse Resistance Education in Adams County is more than classes in the schools of all four of our communities. In Othello, DARE is part of Community Oriented Policing (COP). COP gives our community the true sense that their officers are not just report-takers but a part of their community, a

real personal relationship. As officers develop relationships with members of the community, they build trust. Each member of the community is encouraged to take ownership to help fight crime, drug abuse and violence in their neighborhood. Throughout our county deputies, officers and other law enforcement personnel are involved in their communities in a variety of ways. These included:

- ◆ Molded the DARE curriculum to meet the unique needs of our communities.
- ◆ Organized and facilitated the DARE role model program. High school and junior high students were trained by officers and deputies to mentor 5<sup>th</sup> and 6<sup>th</sup> grade students.
- ◆ Camp Wooten (Othello sixth-graders, and eighth-graders from Ritzville, Lind, Washtucna and Wilson Creek) provided a daily DARE program, positive adult role models for a variety of additional activities, one-on-one relationship building, and recognition for students.
- ◆ Summer youth programs provided DARE program introductions for youth aged 6 – 12.
- ◆ Parades, community fairs and celebrations (i.e., Combine Demolition Derby, Sun Faire, holiday bazaar, etc.).
- ◆ Outcome measures:
  - ◆ Survey data: A pre- and post-survey was administered to students who were a part of the seventeen-lesson program. The results are included with Adams County Program Activity Reporting (PAR) forms.
- ◆ Process measures:
  - ◆ 2,130 people, ages 0 to 65+, were served (about 75% of those served were 5 – 17 years old).

### **Activity #3: Project ALERT**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior.
- ◆ Description: Project ALERT is an 11-lesson program taught to the seventh and eighth grades. Curriculum concepts included: 1) Motivating nonuse; 2) Identifying pressures to use drugs, learning to resist those pressures, and practicing resistance skills; 3) Reviewing key concepts and resistance skills practice; 4) Special issues: inhalant abuse and smoking cessation. The curriculum offers a variety of activities, audiovisual materials, handouts, and homework assignments.
- ◆ Outcome measures:
  - ◆ Survey data: A pre- and post-survey tailored and provided with the program was used.
  - ◆ Teachers/parents/participants report: A WSU intern provided an evaluation based on interviews with people involved with or impacted by this program.
- ◆ Process measures:
  - ◆ Eleven people, ages 13 to 15, were served.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

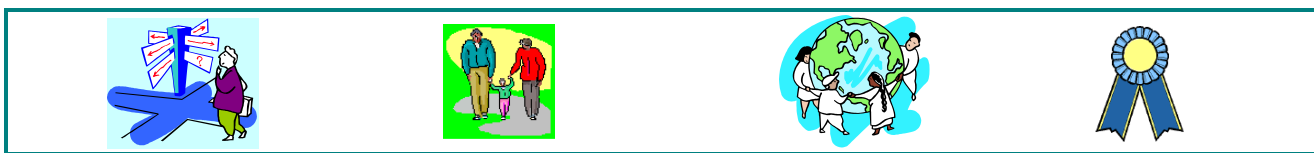
**ASOTIN COUNTY**

**Program:** Asotin County Prevention Project

**Contact:** Carrie Gurgel

**Phone:** (509) 758-9842

**Mission Statement:** We are committed to an ongoing process of planning, inclusive relationships, and cooperative partnerships that achieve our visions.



**Activity #1: Safe Policy – Youth Intervention Activities**

- ◆ Risk/Protective Factor(s): Alienation, Rebelliousness, and Lack of Bonding to Society; and Favorable Attitudes Toward the Problem Behavior.
- ◆ Description: Child Protective Services, law enforcement, juvenile court, school personnel, and parents referred school-aged youth for services. A screening committee reviewed information on each child to determine appropriateness of services. The youth were given a choice of activities that build skills such as music lessons, horseback riding, dance, gymnastics, and swimming.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported: Walker-McConnell scale of social competence and school adjustment.
- ◆ Process measures:
  - ◇ 54 people, ages 6 – 15, were served.
  - ◇ 24 volunteers were involved in the activity, providing 126 volunteer hours.
  - ◇ In-kind support included: Reduced registration and/or membership fees for services, transportation assistance to participants, local agency staff who participated on the screening committee, juvenile court staff who provided office support, and loan of office space/equipment without charge.

**Activity # 2: Neighborhood Building Project**

- ◆ Risk/Protective Factor: Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: Grants were offered to neighborhoods to hold neighborhood gatherings. This was the second year that this program was promoted. For each “Block Party” there was a neighborhood organizer/sponsor who applied for the grant and promoted and planned the event. The purpose of the gathering was to provide an opportunity for neighbors to get to know one another and build relationships/trust. The response was more than twice the response from last year. Some neighborhood sponsors used their own funds to buy additional food and a few stated that they would have the event again next year without applying for the grant.
- ◆ Outcome measures:
  - ◇ Survey data: The subcontractor attended many of the events and gathered pictures and other information. Some sponsors submitted narrative reports. All reports were positive.
- ◆ Process measures:
  - ◇ 614 people, ages 1 – 91, were served.
  - ◇ 20 Neighborhood Block Parties occurred.
  - ◇ 20 volunteers were involved in the activity, providing 200 volunteer hours.

- ◆ In-kind support included additional food and activities provided by the sponsors, and several sponsors who went door-to-door inviting neighbors.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

**BENTON AND FRANKLIN COUNTIES**

**Program:** Benton-Franklin Substance Abuse Coalition

**Contact:** Peggy Haecker/Rich Marshall  
**Phone:** (509) 783-3180

**Mission Statement:** Provide assistance and support for community members to create and sustain healthy, safe, and economically viable communities free from substance abuse and its related social ills. BFSAC is incorporated within the state, and was organized exclusively for educational and charitable purposes.



**Activity #1: Community Events**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable To Drug Use, Firearms and Crimes; and Healthy Beliefs and Clear Standards.
- ◆ Description: Supported four health fairs that had a “Do NOT drink and drive” message, using DUI Fatal Vision Goggles, an interactive video game (Hanford Health & Safety Expo), family Drug-Free photo pledge (Family A-Fair), and fact-based info.
- ◆ Outcome measures:
  - ◆ Participants reported: Hanford Expo - awarded “Kids Favorite” by participants.
- ◆ Process measures:
  - ◆ 250 people, ages 4 – 70, were served at the West Richland Harvest Festival at Flat Top Park.
  - ◆ 14,000 people, ages 1 – 70, were served at the Family A-Fair at the TRAC.
  - ◆ 33,000 people, ages 12 – 65, were served at the Hanford Health & Safety Expo at the TRAC.
  - ◆ 4,000 people, ages 4 – 70, were served at the Safe Kids Saturday at Kadlec Medical Center.
  - ◆ In-kind support: Scholarship of \$75 and equipment.

**Activity #2: First Night Tri-Cities 2002**

- ◆ Risk/Protective Factor(s): Healthy Beliefs and Clear Standards; Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crimes; and Opportunities, Skills and Recognition.
- ◆ Description: First Night Tri-Cities 2002 brought a drug and alcohol-free celebration for New Year’s Eve to people and families by celebrating the visual and performing arts and local artists. The event changed the norm that “you have to drink alcohol” to have a good time; parents also spent time with families.
- ◆ Outcome measures:
  - ◆ Participant attendance increased by 5,000 people over last years’ event.
  - ◆ Survey of participants: 95 percent rated the event excellent, 3 percent rated good.
- ◆ Process measures:
  - ◆ 23,000 people, ages 0 to 75, were served.
  - ◆ 212 volunteers provided over 2,120 volunteer hours from 29 different agencies.
  - ◆ In-kind support: materials, equipment, media ads and coverage; board and other committee attendance provided more than 70 hours; cash donations totaling \$62,000; decorations and transportation.

**Activity #3: Red the Refuse Man**

- ◆ Risk/Protective Factor(s): Early Initiation of Problem Behavior; and Favorable Attitudes Toward the Problem Behavior.

- ◆ Description: *Red the Refuse Man* presents a drug and alcohol-free message to 15 kindergarten through third grade classes and at two summer camp locations. Using an interactive, age appropriate message, young children were taught to whom they can turn and trust when something is wrong, and the difference between “good” and “bad” drugs. Collaborative partners included the Kennewick School District and YMCA of the Greater Tri-Cities.
- ◆ Outcome measures:
  - ◇ Survey data: Pre- and post-surveys of K – 3<sup>rd</sup> graders showed a significant increase in "awareness of positive and trusted adults to talk to" by K – 3<sup>rd</sup> graders (DRP 2000 Report).
  - ◇ Teacher satisfaction survey showed that teachers used RED as an opportunity to “talk to kids” in classroom settings, and teachers made “repeat requests for performances” each year.
  - ◇ Parent information surveys: provided positive and age-appropriate take-home information for parents to talk to their children in the home, and help keep parent-child communication lines open about tough issues.
- ◆ Process measures:
  - ◇ 521 children, ages five – eight, were served.
  - ◇ In-kind support: teachers' class time at 30 minutes per performance totaled 7.5 hours.

#### **Activity #4: Columbia Challenge Ropes Course**

- ◆ Risk/Protective Factor(s): Bonding; Opportunities, Skills and Recognition; and Healthy Beliefs and Clear Standards.
- ◆ Description: BFSAC provided 63 youth and adult groups/classrooms with the opportunity to improve communication skills, problem solving, good decision-making, and team building, through experiential education activities at the Columbia Challenge Ropes Course. Collaborative partners include the CCRC Facilitators Group, Kennewick Parks & Recreation, Waste Management, and Benton-Franklin Juvenile Justice Center Work Crew.
- ◆ Outcome measures:
  - ◇ Participating Group satisfaction survey results were good to excellent.
- ◆ Process measures:
  - ◇ 1,286 youth and adults, ages 8 – 66+, were served.
  - ◇ Eight volunteers were involved in the activity as Columbia Challenge Ropes Course co-facilitators, providing 160 volunteer hours.

#### **Activity #5: Friendship Challenge Program**

- ◆ Risk/Protective Factor(s): Lack of Commitment to School; Early Initiation of Problem Behavior; and Opportunities, Skills, and Recognition.
- ◆ Description: Four classrooms of students built a foundation of interactive communication skills over a five-week period, using experiential learning techniques. The sessions culminated in a day at the Columbia Challenge Ropes Course. Each participant was awarded a recognition certificate. Collaborative partners include Amistad Elementary and Discovery Alternative Middle School.
- ◆ Outcome measures:
  - ◇ Survey data: pre- and post-test (Walker McConnell Social Skills) measuring social skills, showed good skill building, retention, and use in the classroom.
  - ◇ Teachers reported: Teachers indicated great improvement in students working together, and working harder at being clear when communicating with their peers.
  - ◇ Teachers reported: a reduction in the number of behavioral problems, an increase in the number of kids keeping themselves “in check”, and more students honoring “boundaries.”
- ◆ Process measures:
  - ◇ 90 students, ages 10 – 12, were served.
  - ◇ In-kind support: teachers class time, school site, and transportation to the Ropes Course.

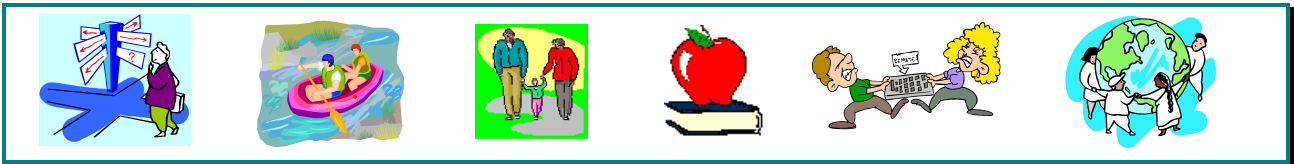
**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001– June 2002**

**CHELAN AND DOUGLAS COUNTIES**

**Program: TOGETHER! for Drug Free Youth**

**Contact: Reneé Hunter**  
**Phone: (509) 662-7201**

**Mission Statement:** To educate the community at large about the risk/protective factors associated with youth substance abuse and violence, and to facilitate the development of comprehensive risk-focused strategies and programs for local substance abuse and violence prevention, with emphasis on youth.



**Activity #1: TOGETHER! for Drug Free Youth - Nine Community Coalitions**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable To Drug Use, Firearms, and Crimes; and Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: To increase community participation in nine communities in creating a drug and violence free community. To effectively address the problems of substance abuse and violence by promoting collaboration, cooperation, communication, commitment, and cultural competency. This effort developed and implemented comprehensive community-based substance abuse and violence prevention programs that linked community resources with schools, law enforcement, and juvenile services.
- ◆ Outcome measures:
  - Survey data:
    - ◆ Increased community coalition membership by 25 volunteers.
    - ◆ Pre- and post-survey used was the coalition assessment tool.
- ◆ Process measures:
  - ◆ 471 volunteers met in nine communities with TOGETHER! for Drug-Free Youth.
  - ◆ Volunteers met in nine communities on a monthly basis, totaling 216 hours. The majority of these meetings were held at community schools.

**Activity #2: Parenting Classes “*Becoming a Love and Logic Parent*” and “*Passage Group Parent to Parent*”**

- ◆ Risk/Protective Factor(s): Family Management Problems; and Favorable Attitudes Toward the Problem Behavior.
- ◆ Description: Provided parenting classes that included discussion and application of skills using the “Becoming a Love and Logic Parent” and “Passage Group Parent to Parent” models, which were provided by personnel trained in delivery of the curricula. These were each six-session, two-hours-per-session classes that focused on parents and grandparents. The classes taught boundaries, security, positive discipline, and parent/child relationships. All classes were taught at community schools in the evenings.
- ◆ Outcome measures:
  - ◆ Increased parenting skills of 400 parents to deal with their children in a respectful, nurturing manner.
  - ◆ Provided boundaries, security, positive discipline, and parent/child relationships. A pre-survey was given at the beginning of the sessions and a post-survey was given at end of sessions. Ninety-five percent of the parents who finished the classes increased their parenting skills.

- ◆ Process measures:
  - ◇ Ten classes for 400 parents/grandparents were provided.
  - ◇ In-kind included donations of space by schools.

### **Activity #3: After School/Summer School Programs**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior; Alienation, Rebelliousness, and Lack of Bonding to Society; and Academic Failure in Elementary School.
- ◆ Description: Programs provided a safe place after school and summer to reduce the incidence of juvenile violence, substance abuse, and tobacco abuse. Individual mentoring, assistance with homework, recreational activities and counseling was provided. Programs operated Monday – Friday from 3:00 to 6:00 p.m. This program was open to all children grades 1<sup>st</sup> through 6<sup>th</sup>. This was a collaborative partnership with seven school districts.
- ◆ Outcome measures:
  - ◇ 35 percent of students achieved an improvement of one grade point or more in at least one subject area.
  - ◇ Teachers/Parents/Participants reported students enrolled in the program were more likely to have their homework completed.
- ◆ Process measures:
  - ◇ 670 youth, grades 1 – 6, participated in after- school programs.
  - ◇ 720 youth, grades 1 – 6, participated in summer school programs.
  - ◇ In-kind: school districts provided the space to hold the after school and summer programs.

### **Activity #4: Drug and Violence-Free Communities**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable To Drug Use, Firearms and Crimes.
- ◆ Description: Flyers, brochures, posters etc. were passed out at local community celebration days, county fairs, school events, and local fund-raising events. These were educational materials along with invitations to get involved in creating a drug and violence-free community.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported inventory lists were kept updated and supplies were ordered on a regular basis. Membership on local Community Mobilization Teams increased by 18 percent.
- ◆ Process measures:
  - ◇ 10,000 brochures were distributed to community residents of all ages.
  - ◇ 15 volunteers were involved with this local activity, volunteering over 200 hours.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

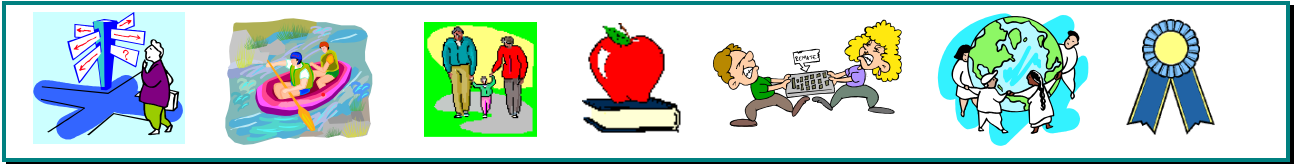
**CLALLAM COUNTY**

**Program:** Clallam County CMAA

**Contact:** Jim Borte

**Phone:** (360) 417-2385

**Mission Statement:** To work with interested parties to reduce drug use and violence in our county.



**Activity # 1: Gifts Unlimited Teen Seminar (GUTS)**

- ◆ Risk/Protective Factor(s): Family Management Problems; and Early and Persistent Antisocial Behavior.
- ◆ Description: GUTS is a program designed using experiential learning to improve communication and relationships between parents and their teens. It is a four-day (36 hours total) intensive seminar that uses low ropes course, skill building, role-playing exercises, self-discovery processes, and small group sharing. A team of trained facilitators conducted the program. There were two four-day seminars.
- ◆ Outcome measures:
  - ◇ An 18-question evaluation survey measured the experiences of participants. Results were very positive with satisfaction ranging from 70 percent – 100 percent. Overall rating of the program was fantastic (50 percent) and excellent (40 percent). Participating teens reported a 100 percent agreement with positive statements about the seminars. Narrative responses were also extremely positive.
- ◆ Process measures:
  - ◇ 20 youth, ages 14 -- 18 years, participated. The program used a trained team of adult facilitators who conducted the program and were assisted by a group of adult supporters who handled food, transportation, and other services. The program involved approximately 800 volunteer hours.

**Activity #2: First Step AUNTIES Program**

- ◆ Risk/Protective Factor(s): Extreme Economic Deprivation; and Family Management Problems.
- ◆ Description: Trained volunteers worked with high risk, low-income mothers with children, birth to four (0 – 4) years. Volunteers served as mentors, provided parent education training, encouraged parent-child bonding, and provided emotional support. They also taught problem-solving skills, and helped parents build a positive support network for their families.
- ◆ Outcome measures:
  - ◇ A two-part evaluation was used. Part one was a Parent Education Survey Instrument. A program coordinator interviewed the eight participating mothers and administered the Parent Education Survey. On the first eight questions, participants were asked to rate their “Auntie” on eight different skills. The scoring was on a scale of 1 (lowest) to 5 (highest). Scores ranged from 3.7 – 5. An additional four questions were asked to give participants a chance to express their experience with the program. The results were very positive.
  - ◇ The second part consisted of a Parenting Skills Ladder, which was developed by a professional evaluator for the project. The Parenting Skills Ladder allowed parents to do a pre- and post-program comparison of their parenting skills. There were eight areas evaluated. Six of the areas showed a significant increase in parenting skills, while the remaining two showed a slight increase (#3 – Your ability to create a safe home for your child, and #8 – Your success in building a strong bond or attachment with your child).

- ◆ Process measures:
  - ◇ The eight participating mothers ranged from 22 – 27 years of age. This is part of an on-going effort in our community to develop a network of programs and services to provide universal home visiting for parents with children, birth through three years of age. The participant's survey and the parenting ladder were specifically developed for this program as part of an initiative using co-funding of programs for families with infants and toddlers (0 – 4). The process involved development of common evaluation tools such as the parenting ladder.
  - ◇ Number of volunteer hours was approximately 250, including training of the mentors.
- ◆ The following is a list of the other programs and activities funded by CMASA during FY 2002:
  - ◇ Forks Teen Center (Concerned Citizens)
  - ◇ Children Are People (Healthy Families)
  - ◇ The Incredible Years (Healthy Families)
  - ◇ Club PRIDE (Roosevelt Middle School)
  - ◇ SMART Moves (Boys and Girls Clubs)
  - ◇ Juvenile Mentoring Program (Clallam County Juvenile Center)
  - ◇ AUNTIES II (Home Visiting)
  - ◇ FAVOR (Violence Reduction/Anger Management)
  - ◇ LIFESKILLS for Safe Living (Sequim School District)
  - ◇ Family Forums (Lutheran Social Services)
  - ◇ Second Step (Support for recovering substance abusing Parents with children)
  - ◇ Kids Like Us Everywhere - KLUE (Serenity House)
  - ◇ Second Step (West End Outreach)
  - ◇ Community Mobilization was also involved in two new initiatives: the Clallam County **Methamphetamine Initiative** and a **Weed and Seed** program in the Forks area.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**CLARK COUNTY**

**Program: Community Mobilization**

**Contact: Karyl Ramsey**

**Phone: 360-687-9340**

**Mission Statement:** To work in partnership with the people of Clark County to plan and manage social services and achieve a safe and healthy community.



**Activity #1: Unified Family Center Family Council Development**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: The project focused on increasing the capacity of the Family Center through training and technical assistance for the governance board, engaging families, and creating volunteer roles. Based on the Family Support America model, the Family Center provided programs promoting healthy child development and partnership with parents and community members.
- ◆ Outcome measures:
  - ◇ Using the “How Are We Doing” Family Support Self-Assessment Tool, the Family Council identified areas of priority to address and develop:
    - Volunteer roles and training.
    - Strategy for board recruitment.
    - Community assessment plan.
    - Job description for board members.
- ◆ Process measures:
  - ◇ 15 people, ages 26 – 65, were served.
  - ◇ 30 volunteers were involved in the activity from July 01 – June 02, providing 100 volunteer hours.
  - ◇ Other in-kind support included: fundraising, community church activities/programs and facility, local school organizational support (computers, planning, and staff time for activities).

**Activity #2: Unified Family Center Parent Support**

- ◆ Risk/Protective Factor(s): Family Management Problems.
- ◆ Description: Weekly parenting support meetings for parents with children of all ages. Focused on child development and parent support.
- ◆ Outcome measures:
  - ◇ Program documentation and attendance were used to determine the effectiveness of the group.
- ◆ Process measures:
  - ◇ 86 people, ages 1 – 55, were served.
  - ◇ Other in-kind support included: use of the Center facility, local church facility, and staff planning time from Washougal School District.

**Activity #3: North Clark County Family Resource Center and Family Council Development**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: The project focused on increasing the capacity of the family center by developing the governance board, engaging families, and creating volunteer roles. Based on the Family Support

America model, the project provided programs promoting healthy child development and partnership with parents and community members.

- ◆ Outcome measures:
  - ◇ Using the “How Are We Doing” Family Support Self-Assessment Tool, the Family Council identified areas of priority to address and develop:
    - Volunteer roles.
    - Strategy for board recruitment.
    - Community assessment plan.
    - Board work plan.
- ◆ Process measures:
  - ◇ 15 people, ages 26 – 55, were served.
  - ◇ Other in-kind support included: food bank, community donations, and school district and city government participation in planning.

#### **Activity #4: North Clark County Family Resource Center and Parent Education**

- ◆ Risk/Protective Factor(s): Family Management Problems.
- ◆ Description: Eight weekly parent education classes for parents of children 3 – 15 years of age. Focused on increasing parent knowledge and awareness of child development, age-appropriate expectations, and discipline.
- ◆ Outcome measures:
  - ◇ Parenting ladder, attendance, and program documentation.
  - ◇ Survey data: results of the Parenting Ladder indicated that 90 percent of the participants increased their awareness and knowledge of child development and age appropriate expectations.
- ◆ Process measures:
  - ◇ 167 people, ages 4 – 50, were served.
  - ◇ Other in-kind support included: food bank, community donations, and school planning support.

#### **Activity #5: Family Resource Center Network Technical Assistance Team**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; and Organizing Activities.
- ◆ Description: Providing information, technical assistance, and training to organizations committed to developing and/or partnering in creating family centers based on the Family Support America model of serving families.
- ◆ Process measures:
  - ◇ 30 people, ages 26 – 55, were served.
  - ◇ In-kind support: meeting space, staff support, and printed materials.

#### **Activity #6: Youth Suicide Prevention Plan**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; and Organizing Activities.
- ◆ Description: Implemented countywide the six strategies of the Youth Suicide Prevention Plan developed in 2001. Identification and treatment of depression, connecting youth with school and community resources, and public awareness were the main goals of the plan.
- ◆ Outcome measures:
  - ◇ Implementation of the action steps identified in the plan participation documentation.
- ◆ Process measures:
  - ◇ 30 people, ages 18 – 65, were served.
  - ◇ In-kind support: meeting space and support staff.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**COLUMBIA COUNTY**

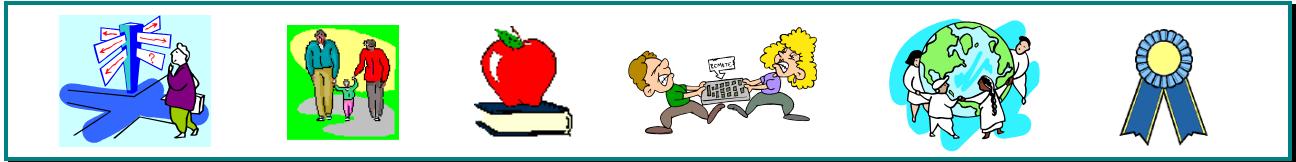
**Program:** Community Mobilization Task Force

**Contact:** Catherine Aaltonen,

Colleen Graham

**Phone:** (509) 382-2527

**Mission Statement:** To prepare county youth to lead healthy and productive lives, free from the effects of substance abuse and emotional trauma, through collaborative efforts involving all citizens and service groups in the community.



**Activity #1: ICN Summer Recreation /Prevention Program**

- ◆ Risk/Protective Factor(s): Availability of Drugs; Extreme Economic Deprivation; and Early Initiation of Problem Behavior.
- ◆ Description: This program offered positive, safe, and structured recreational activities, education in social competency skills, positive role modeling, and employment for teenage youth counselors. The program provided an asset development component via the *Character Counts* curriculum and prevention education through age appropriate videos, presentations, and materials. It delivered skill-building opportunities through activities such as crafts, music, skirts, art, portable ROPES physical challenge activities, and an academic component for children with poor reading skills. The program served children (aged 5-12) and youth (up to the age of 18) with developmental disabilities. The program was offered for a six-week period from June to July. It ran from 7:45 a.m. - 5:15 p.m. daily, Monday through Friday.
- ◆ Outcome measures:
  - ◇ Survey data: parent surveys showed that children displayed improved communication and social skills. Participants demonstrated an increased knowledge of the effects of tobacco use. Children participating in the academic component showed improved reading skills as measured by pre- and post-assessments.
  - ◇ Teachers/Parents/Participants reported: Parents noted an increase in children's ability to make friends easily. According to parent reports, children were able to cite examples of behaviors showing respect, fairness, responsibility, caring, trustworthiness, and citizenship.
  - ◇ 75 percent of parents surveyed rated the program as very good or excellent.
- ◆ Process measures:
  - ◇ 98 children, ages 5 – 18, were served. Average daily attendance was 50-55. The program provided employment for 15 teenagers and young adults.
  - ◇ Seven volunteers were involved in the activity. Volunteers were drawn from the school, parents, civic groups, local businesses, county government, service agencies and the community. Volunteer hours totaled over 90 hours.
  - ◇ Other in-kind support included: Two Americorps Volunteers donated a total of 192 hours valued at \$1,290. The City of Dayton gave permission for the program to use the city park. Citizens donated supplies and snacks valued over \$500.

**Activity #2: Red Ribbon Week/Substance-Free Community Halloween Party**

- ◆ Risk/Protective Factor(s): Healthy Beliefs and Clear Standards; Organizing Activities; and Availability of Drugs.

- ◆ Description: Columbia County CM and the Columbia County Health Department jointly sponsored Red Ribbon Week. Video presentations were made to Grades 4 – 6 followed by discussion of prevention issues. Prevention activities were conducted in grades 1 – 3. High School students volunteered to design prevention posters. Red Ribbon Week celebration culminated with our annual Drug Free Community Halloween Party on October 31, 2001. This consisted of a dinner and carnival for families. It provided an opportunity to build cohesion between teen volunteers and positive adult role models. Informational prevention pamphlets were distributed at this event.
- ◆ Outcome measures:
  - ◆ Teachers/Parents/Participants reported: 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders displayed an understanding of refusal skills. Students in grades 1 -- 3 increased their knowledge of the dangers of tobacco use. Columbia County Law Enforcement reported no major incidents of vandalism on Halloween night.
- ◆ Process measures:
  - ◆ Approximately 100 students participated in classroom presentations. 300 people, ages 1 – 65 attended our Halloween Party.
  - ◆ Four volunteers designed posters and arranged a large Red Ribbon Bulletin Board at the entrance to the elementary school. Drug Free stickers were distributed to students in grades 1 – 3.
  - ◆ Other in-kind support included: Dayton School District provided a TV-VCR for classroom presentations. The Columbia County Fair Board provided the use of their building valued at \$150.

### **Activity #3: Presentation on Alcohol and Tobacco Sales to Underage Youth**

- ◆ Risk/Protective Factor (s): Availability of Drugs; and Community Laws and Norms Favorable to Drug Use, Firearms and Crimes.
- ◆ Description: The Columbia County Tobacco Coalition, the State Liquor Control Board, and Columbia County CM sponsored an informational meeting about illegal sales of alcohol and tobacco to underage youth. This meeting was held in June 2002, and 23 business owners and employees attended. Mario Torres, from the State Liquor Control Board, explained the new Washington State Driver's Licenses for youth and showed a video demonstrating how to validate ID's. Mr. Torres explained the legal consequences of underage purchases for youth and vendors. He said that there had been a recent increase in minor in possession cases in Columbia County. Vickie Hodgson, from the Columbia County Tobacco Coalition, explained the laws concerning the sale of tobacco products to underage youth.
- ◆ Outcome measures:
  - ◆ Teachers/Parents/Participants reported: Participants increased their knowledge of the laws governing the sale of alcohol and tobacco. They also reported they received useful information that they will use in their work.
- ◆ Process measures:
  - ◆ 22 people, ages 18 – 65, were served.
  - ◆ Four volunteers were involved in the activity from various agencies and the community, providing 10 volunteer hours.
  - ◆ Other in-kind support included: Use of Washington State Transportation facilities valued at \$200 and donated snacks and beverages valued at \$60.

**COMMUNITY MOBILIZATION  
Program Summary July 2001 – June 2002**

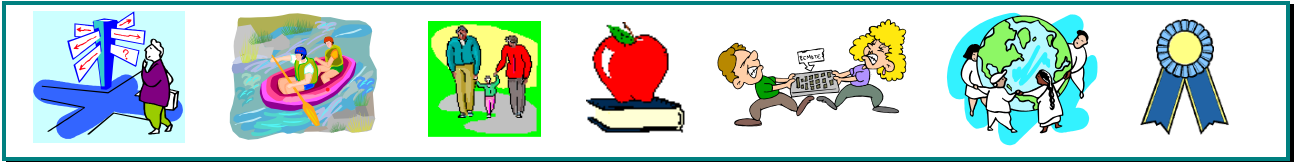
**COWLITZ COUNTY**

**Program:** Cowlitz Substance Abuse Coalition

**Contact:** Ramona Leber

**Phone:** (360) 577-3041

**Mission Statement:** To mobilize the community to be healthy and safe by reducing substance abuse and violence through the integrated efforts of collaboration, communication, cooperation, and cultural competency.



**Activity #1: Youth After Hours**

- ◆ Risk/Protective Factor(s): Early and Persistent Antisocial Behavior; Early Initiation of the Problem Behavior; Bonding; Opportunities, Skills and Recognition; and Healthy Beliefs and Clear Standards.
- ◆ Description: An after-school program at three high-risk, elementary schools that operated every day after school from dismissal to 5:30 p.m. Youth organizations provided staff and curricula that taught life skills. Each session provided skill building while creating bonds to school and positive adult role models. Any student could attend when registered by his/her parent. Participants were rotated through Kids Council where they had opportunities to learn leadership skills, advise adult staff, and determine program activities. Collaborative partners included: 4-H, Girl Scouts, Boy Scouts, Camp Fire, YMCA, school districts, United Way, and Community Mobilization.
- ◆ Outcome measures:  
Survey Data:
  - ◇ 66 percent of participants surveyed always/most times felt a sense of belonging/bonding; 60 percent always/most times could resolve conflict; 68 percent always/most times made decisions or solved problems; and 70 percent identified with positive adult role models.
  - ◇ Parents Report: 76 percent of parents surveyed said their child, as a result of Youth After Hours, always/most times felt a sense of belonging/bonding; 69 percent always/most times could resolve conflict; and 76 percent identified with positive adult role models. Ninety percent of the parents stated that their child liked YAH and it is very important/important to their child.
  - ◇ Program Staff Report: 71 percent of participants increased their ability to communicate needs and to communicate feelings, 69 percent became more courteous, and 65 percent increased their ability to share.
- ◆ Process measures:
  - ◇ 499 children, grades K – 6, were served. Average daily attendance was 165 (55 per site).
  - ◇ In-kind support: over \$11,000 from Collaborating agencies. USDA provided beverages and snacks at a value of nearly \$19,000. School districts provided gyms and classrooms for free. Community agencies, organizations, and school districts provided \$65,000 in support. AmeriCorps members staffed one site for an approximate \$30,000 contribution to the program.

**Activity #2: Parent/Family Skills Training: Strengthening Families 6-10 and 10-14, Training in Positive Parenting Skills**

- ◆ Risk/Protective Factor(s): Family Management Problems; Family Conflict; Early Initiation of the Problem Behavior; Bonding; Opportunities, Skills, and Recognition; and Healthy Beliefs and Clear Standards.
- ◆ Description: Three different curriculums were used, two of which were best practices, to teach parenting skills to parents of 6 -- 14 year olds in four classes. One class was conducted in Spanish. The whole

family was trained in 7 -- 14 weekly sessions, with each session including skill development, a meal, and family time. The training was offered at two high at-risk elementary schools and a rural middle school. Most facilitators were school personnel who had good relationships with parents in each program. Each session taught parenting and relationship skills while exposing family members to positive adult role models who held healthy beliefs and clear standards. Collaborative partners included: Highlands Drug-Free Communities Program, Providence Addictions Recovery Center, Cowlitz County Human Services, service clubs, churches, and Community Mobilization.

- ◆ Outcome measures:
  - ◇ Survey Data: Of the parents surveyed, 40 percent reported a decrease in family tension or family conflict; 74 percent reported improved parenting skills; 60 percent learned new ways to spend quality time with their children; and 50 percent reported increased communication skills resulting in an increase in positive family relations. Of the children surveyed, 80 percent of children/youth reported a decrease in family tension and 62 percent reported an increase in positive family relations.
  - ◇ Teachers/Parents/Participant Report: 100 percent of parents in the Hispanic program reported an increased knowledge of the harm of substance abuse. Facilitators report an overall improvement in the demonstration of parenting skills learned as a result of the program.
- ◆ Process measures:
  - ◇ 153 family members from 39 families participated in the four classes.
  - ◇ 100 percent of families that enrolled completed the programs.
  - ◇ 48 volunteers spent 300 hours in preparing/serving meals and providing childcare.
  - ◇ In-kind support: \$28,000 from collaborating agencies including training, meals, evaluation, and coordination. The schools provided gyms and classrooms free of charge.

### **Activity #3: Youth Yellow Pages (YYP)**

- ◆ Risk/Protective Factors: Early and Persistent Antisocial Behavior; Early Initiation of the Problem Behavior; and Healthy Beliefs and Clear Standards.
- ◆ Description: YYP is a pocket-sized resource guide for youth. It included phone numbers of interest and listings of available activities, youth-friendly information on subjects of interest to youth including counseling, healthcare, suicide prevention, and alcohol and tobacco laws. Every middle school and high school-age youth in Cowlitz and Wahkiakum counties received *Youth Yellow Pages* through their school. Healthcare providers, and social service agencies provided the guide to patients and clients. An art contest provided a youthful cover for the booklet as well as recognition for the youth involved. Volunteers updated specific portions of the YYP. Law enforcement and the prosecutor's office were consulted on the accuracy of legal sections. This was a cooperative project with the Cowlitz-Wahkiakum Youth Commission.
- ◆ Outcome measures:
  - ◇ Teacher and Administrators report: Very few Youth Yellow Pages were thrown away after distribution. Students made sure they received their copies. Often the guide is found dog-eared and well used at the bottom of backpacks.
  - ◇ Program Staff Report: Youth Yellow Pages are used as resource booklets in Natural Helper training, substance abuse prevention curriculum, and youth advocacy training.
  - ◇ Parents Report: Their youth keep the YYP handy and voluntarily read them at home.
  - ◇ Community response: Community demand for YYP was high. Community participation in updating the YYP was high.
- ◆ Process measures:
  - ◇ 1,500 copies of YYP were distributed in the current year through public awareness events and by community agencies. (8,500 copies of this edition of the YYP were distributed to every middle and high school student in Cowlitz and Wahkiakum counties, and 3,500 copies were distributed in the community in the previous year.)
  - ◇ The company that printed the guide provided a portion of its services in-kind (value \$2,857). Health care agencies provided \$1,000 support and community-based organizations provided another \$1,000 in support.

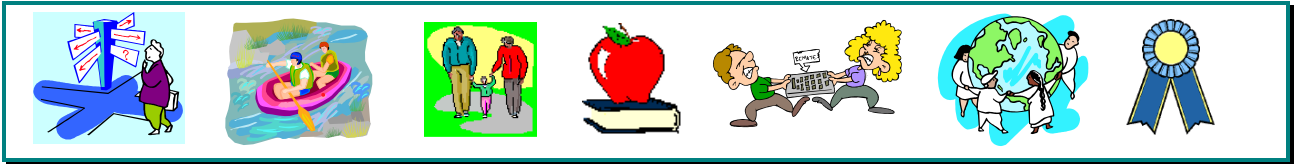
**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**FERRY COUNTY**

**Program:** Community Mobilization

**Contact:** Judie Cribby  
**Phone:** (509) 779-4449

**Mission Statement:** To reduce the incidence and impacts of substance abuse in Ferry County.



**Activity #1: 4-H Enhancement – Know Your Government Teen Program**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior; and Extreme Economic Deprivation.
- ◆ Description: The 4-H Know Your Government Program helped 4-H'ers better develop their leadership skills. Program goals were: 1) Develop the knowledge and ability to understand and interact with legislative and other decision makers; 2) Develop positive adult to youth mentoring and role model relationships; 3) Give opportunities for teen leadership building and positive role modeling to younger youth; 4) Create an atmosphere to develop positive non-using peer relationships/friendships; 5) Reinforce and build positive life skills; and 6) Create positive working/recreational relationships with authority figures and parents. The activity provided a safe place and time for teens to interact with other youth and adults from across the state. Teens received three months of educational preparation prior to attending a statewide conference, learning how state government works. They practiced what they learned through role modeling activities. At the conference, they interacted with positive non-using teens and adults from throughout the state and internationally – through exchange attendees. They also learned appropriate dress and behavior while visiting with the Governor and State Legislators and Senators.
- ◆ Outcome measures:
  - ◇ Survey comments from the teens:
    - “We used our minds in our workshops and then had a chance to use what we learned!”
    - “We learned how complicated the state budget is and how to choose from all the ideas to spend the money on.”
    - “I made 15 new friends that I have gotten to know very well and I really like them and keep in contact. It’s a whole set of new and good friends.”
    - “The warm up and get acquainted games...were great as I got to know new people from the coast and became good friends with them. Several are keeping in contact with me by email.”
    - “The whole thing was great! I learned so much and had a good time. I would not change a thing except maybe the food could be better.”
  - ◇ Survey Data: WSU Cooperative Extension used a “Life Skills” evaluation instrument to measure impacts and changes on the youth as a result of the program.
  - ◇ Teacher/Parent/Participant Surveys:
    - “It was great for the kids to see a group that big, with so many ideas, get it narrowed down to a final project.”
    - “It was good for our teens to be able to network with teens from other counties and develop positive relationships”
    - “I would highly recommend this for every teen. It is a good experience!”
    - “It was a positive experience for the teens to interact with legislators and the Governor”
    - “It was a neat thing that the Governor came, it impressed the teens.”

- ◆ Process measures:
  - ◇ 26 participants, ages 14 – 49, were served.
  - ◇ Seven volunteers donated 560 hours working with the teens in prep activities, travel, and chaperoning the event.
  - ◇ In-kind support and match for Community Mobilization funding used:
    - Private vans to Olympia at \$1,239.
    - Six motel rooms for three nights at \$2,070.
    - Meals and other costs not covered by the registration at \$1,456.
    - Registrations not covered by CM at \$1,440.

## **Activity #2: After School Enrichment – Learn to Sew**

- ◆ Risk/Protective Factor(s): Early initiation of the Problem Behavior.
- ◆ Description: A two-day sewing project for a variety of ages to teach youth "non-using" hobbies and interests. Each participant was given the basic sewing tools: scissors, tape measure, needles, pins, thread, etc. On the first day, we made patchwork pincushions to hold the needles and pins, and how to blind stitch. On the second day, we made a tote bag for the sewing supplies and appliquéd nametags for the tote bag. Together, the class made a list of other needed supplies and received a discount from a local sewing supply store to buy them. The class was held in the local school's sewing classroom and used their sewing machines. Participants were found by advertising in the local newspaper and the community radio station. Participants who completed both days of the class were allowed to take their sewing supplies home. Some had never sewn before and others had the chance to improve their sewing skills.
- ◆ Outcome measures: Ferry County Community Mobilization (FCCM) pre- and post-tests were used.
- ◆ Process measures:
  - ◇ Comments were favorable and participants requested more classes in the future.
  - ◇ 11 people, ages 8 – 16, were served.
  - ◇ Two volunteers were involved providing 20 volunteer hours for a total value of \$240.
  - ◇ Building space was donated for eight hours for a total value of \$200.
  - ◇ Twelve sewing machines were donated for a total value of \$120.
  - ◇ Project Leader Observations: All participants demonstrated "hands on" skills acquired. By learning and creating their own projects, youth gain pride and self-esteem.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

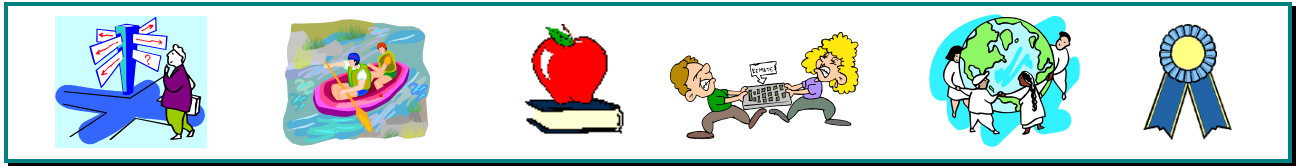
**GARFIELD COUNTY**

**Program:** Garfield Substance Abuse Prevention

**Contact:** Linda McKiernan

**Phone:** (509) 843-3791

**Mission Statement:** To promote, support, and provide education about substance abuse prevention to the school, community, and home.



**Activity #1: After-School Recreational Activities**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior.
- ◆ Description: These programs provided mentoring, teamwork skills building, and alternative activities for students. Volunteers ran the programs after school and on weekends. Students were exposed to positive lifestyles, fun activities, friendships, and were taught how to make good choices. These activities included AAU Basketball, Wrestling, Boy Scouts, Golf, Junior Gun Club, and 4-H Clubs.
- ◆ Outcome measures:
  - ◇ Participation Satisfaction Tool: Survey indicated that 84 percent of the students who participated in the program had fun and learned to make choices that enhance their lifestyles rather than hurt them.
  - ◇ Focus Group/Key Informants: Volunteers and supervisors reported that they saw a distinct change in individuals' attitudes, self-esteem, and interaction skills. They also reported that students developed positive relationships with others.
- ◆ Process measures:
  - ◇ 150 students were enrolled in the program.
  - ◇ There were 23 volunteers who provided 2,250 volunteer hours.
  - ◇ In-Kind: The golf course offered free green fees, and the school allowed use of the gyms.

**Activity #2: Drug-Free Washington Month**

- ◆ Risk/Protective Factors: Favorable Attitudes Toward the Problem Behavior; and Favorable Parental Attitudes and Involvement in the Behavior.
- ◆ Description: The month of April consisted of a drug-free poster contest, grocery bag contest, door decorating, sidewalk decorating, a red ribbon campaign, and lots of fun! Each activity focused on a drug-free healthy lifestyle.
- ◆ Outcome measures:
  - ◇ Participation Satisfaction Tool: Students and community members reported they enjoyed using artwork to express how they stayed drug-free. They also reported that many friends were making better decisions.
- ◆ Process measures:
  - ◇ An average of 500 people participated in the activities. Age averaged between 6 – 65.
  - ◇ 15 volunteers helped organize the events, donating more than 100 volunteer hours.
  - ◇ In-Kind: Grocery stores donated grocery bags, prizes were donated by various businesses, and the school donated supplies.

### **Activity #3: Family Fun Activities**

- ◆ Risk/Protective Factor(s): Healthy Beliefs and Clear Standards.
- ◆ Description: Members of the community organized two all-community events. The Community Action Team and the Fourth of July Celebrants headed the events. The activities focused on family, friends, and leading a healthy lifestyle. There were activities for youth that focused on being drug-free and building your self-esteem. Adults enjoyed the entertainment and speakers.
- ◆ Outcome measures:
  - ◇ Focus Group/Key Informant: 78 percent of the youth reported they had fun and enjoyed the many activities that were offered. They also felt this gave them something to do rather than cause trouble.
- ◆ Process measures:
  - ◇ 175 people, ages 0 – 65, participated in the events. Twenty volunteers helped organize and conduct the events. More than 75 hours were volunteered.
  - ◇ In-Kind: The swimming pool offered free swimming, community members entertained, and food was provided by a number of organizations.

### **Activity #4: After-School Excellence Program**

- ◆ Risk/Protective Factor: Early and Persistent Antisocial Behavior.
- ◆ Description: This program ran four nights a week from 3:30 p.m. to 4:30 p.m. The program provided one-on-one tutoring, mentoring, and recreation activities. Students were referred by their classroom teachers and parents, or joined the program by choice. High school students volunteered to work with the students as mentors.
- ◆ Outcome measures:
  - ◇ Teachers Survey: Results of the survey indicated that 71 percent of students involved in the program showed increased spelling scores, 83 percent were reported as seeing improved social skills, and 93 percent had increased homework completion.
  - ◇ Teacher Comments: Students who attended the program were more likely to complete their homework, their social skills improved, and their behavior in the classroom became far less disruptive.
- ◆ Process measures:
  - ◇ 30 students, ages 6 – 15, participated in the program.
  - ◇ Four volunteers helped with the program, donating more than 100 volunteer hours.
  - ◇ In-Kind: Snacks were donated to the program by parents and volunteers.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

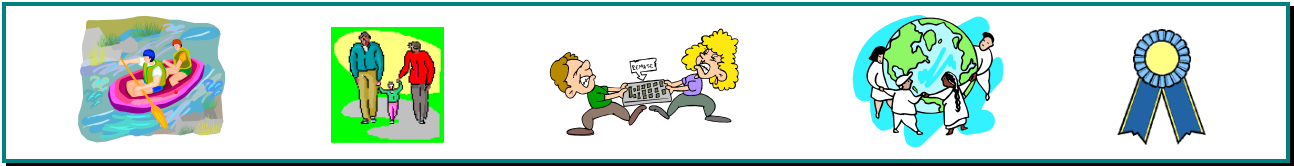
**GRANT COUNTY**

**Program:** Community Mobilization

**Contact:** Wendy Hanover

**Phone:** (509) 765-5402

**Mission Statement:** To provide treatment, education, and prevention services for substance abuse to facilitate community wellness to the greater Grant County area.



**Activity #1: Community Organizing**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior; Opportunities, Skills and Recognition; and Academic Failure in Elementary School.
- ◆ Description: Provided prevention coordination in Grant County. The coordination supported a variety of prevention activities, leveraged additional funds, and increased community awareness about prevention. The following activities were completed:
  - ◇ Coordinated a Latino Youth Conference for more than 75 sixth and seventh grade Latino youth. Conference activities included building self-esteem, providing positive role models, keynote speakers, and team building. More than 20 community volunteers and six high school volunteers participated. Grant County School Districts joined in as partners. Local businesses donated over \$500 worth of prizes.
  - ◇ Leveraged \$88,000 for a two-year middle school youth program in Soap Lake. Because of Legislative cuts, funding for the program was eliminated after the first year. The program included the All Stars best practice curriculum, recreation, arts and crafts, and reached over 55 youth.
  - ◇ Community Mobilization funds helped coordinate and leverage a \$150,000 State Incentive Grant to provide four elementary after school programs, a parent education program, and “Best Practice” drug prevention curricula in small rural communities. The “Best Practice” curricula included *Life Skills Training*, *All Stars*, *Smart Moves*, *Preparing for the Drug Free Years*, *Reconnecting Youth*, and *Strengthening Families*. The projects served more than 475 youth.
  - ◇ Participated and networked with other groups in the county including the Family Policy Network of Grant County, Soap Lake Youth Outreach Center, Ephrata Youth Assets, Grand Coulee Drug and Violence Prevention Board, Community Resource Forum, Quincy Prevention Council, Methamphetamine Focus Group, Boys and Girls Club, North Columbia Community Action Council, and six school districts.
  - ◇ Published a quarterly newsletter highlighting prevention activities in the county.
  - ◇ Provided 112 youth and adults with portable ropes challenge activities.
  - ◇ Leveraged \$9,500 for a summer program in Warden, which reached more than 80 fourth, fifth, and sixth grade youth.
  - ◇ Provided Alcohol and other drug prevention information and materials in English and Spanish to over 400 youth and adults.
  - ◇ Coordinated and leveraged funding to build community capacity. Trainings included: Drug Prevention Indian Ways, Strengthening Families, and Mentoring. More than 80 community members were trained.
  - ◇ Coordinated a mentor program for ten Latino Middle School Youth in Moses Lake.

- ◆ Outcome measures
  - ◆ PARC has received an increase in requests from individuals and schools for substance abuse prevention information and resources.
- ◆ Process measures:
  - ◆ Community Organizing activities reached more than 1,350 people in Grant County, including youth, parents, and families. Activities leveraged over 20 volunteers, totaling more than 385 hours. Collaborative agencies and organizations included: WSU Cooperative Extension, Grant County Health District, six Grant County School Districts, Quincy Prevention Council, Grand Coulee Drug and Violence Prevention Council, Mother Teresa McKay Youth Outreach and Wellness Center, Family Policy Network of Grant County, Grant County Sheriffs Office, and individual community members.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**GRAYS HARBOR COUNTY**

**Program:** Community Mobilization

**Contact:** Steve Perry

**Phone:** (360) 533-5100

**Mission Statement:** To help build healthy and safe communities free of substance abuse and violence.



**Activity # 1 Community Mobilization**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; Transitions and Mobility; and Laws and Norms Favorable to Drug Use, Firearms and Crimes.
- ◆ Description: Representation of Community Mobilization on 14 community boards, four coalitions, and ten committees. Volunteers participated from the Public Health and Safety Network, DASA, county and city governments, schools, mental health, business, faith communities, civic, volunteer, birth-to-3 providers, CCR&R, parents, youth, foster parents, non-profits, prevention providers, treatment providers, DSHS, DCFS, Workfirst contractors, homeless programs, after-school programs, youth services providers, the Educational Service District, special education staff, and law enforcement, providing 260 volunteer hours.
- ◆ Process measures:
  - ◆ Over 300 people, ages 14 -- 65, were served.
  - ◆ In-kind support included donated facility space and materials.

**Activity #2 Services to Homeless and High-Risk Youth**

- ◆ Risk/Protective Factor(s): Transitions and Mobility; and Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: A consortium of local agencies and youth service providers collaborated to provide necessary supplies and assistance to homeless and run-away youth.
- ◆ Process measures:
  - ◆ Over 106 youth aged 13 – 20 received services. Twenty-two organizations participated in activities.
  - ◆ Two separate youth coalitions worked to provide services to runaway and homeless youth. The coalitions conducted assessments from participating agencies. Services and resources were identified.
- ◆ Outcome measures:
  - ◆ A grant was used to provide survival needs for 100+ youth. A survey tool was developed to identify homeless and runaway youth. The tool was implemented throughout the county in 2001 -- 2002.
  - ◆ Survival needs supplies were distributed to youth on the streets.

**Activity # 3: GUTS Seminars**

- ◆ Risk/Protective Factor(s): Family History of Problem Behavior; Family Conflict; Favorable Attitudes Toward the Problem Behavior; Early and Persistent Antisocial Behavior; Lack of Commitment to School; Healthy Beliefs and Clear Standards; and Social Skills.
- ◆ Description: GUTS was a four-day, immersive intervention program targeting at-risk youth involved in multiple systems (juvenile courts, chemical dependency and mental health counseling, and DCFS services). Participants engaged in learning life skills and social skills.

- ◆ Process measures:
  - ◇ 32 youth, ages 14 – 20, were served.
  - ◇ Seven volunteers donated over 500 hours. They represented DCFS, Evergreen Mental Health, DOH, Sexual Assault, and Community Mobilization.
  - ◇ Other in-kind: School facility space and janitorial services. The Program leveraged over nine times the cost to Community Mobilization.
- ◆ Outcome measures:
  - ◇ Teachers/parents/caseworkers reported changes in attitude, behavior, and self-esteem.

#### **Activity # 4 GUTS Aftercare**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; Transitions and Mobility; and Laws and Norms Favorable to Drug Use.
- ◆ Description: GUTS Aftercare was a support group for at-risk youth. The support group taught youth life skills such as conflict resolution, personal responsibility, decision-making, social skills, personal values and integrity, refusal skills, and problem solving. The volunteer providers were accessible mentors and role models for this population.
- ◆ Process measures:
  - ◇ 31 people, ages 14 – 20, were served.
  - ◇ More than 26 volunteer hours, and undocumented time in excess of 60 hours. Volunteers were from DCFS, Mental health, Sexual Assault Prevention, the Health Department, and a private therapist.
  - ◇ Other in-kind: donations of food, postage, printing, transportation, and facility space.
- ◆ Outcome measures:
  - ◇ Attendance increased over previous years. According to providers, recidivism rates were down measurably; school attendance up, and mental health referrals were down among participating youth.
  - ◇ Participants and parents alike reported an improvement in attitudes and behaviors. Youth reported feeling better about themselves and making better choices.

#### **Activity #5 After-School Programs**

- ◆ Risk/Protective Factor(s): Lack of Commitment to School; Academic Failure in Elementary School; and Early Initiation of the Problem Behavior.
- ◆ Description: Two elementary, three Junior High Schools, and one High School operated after-school programs under the 21<sup>st</sup> Century Community Learning Grant. Services included academic instruction, recreational opportunities, and community education; all supported by Community Mobilization services.
- ◆ Process Measures:
  - ◇ Over 519 K – 12 youth and 50 parents were served in six schools from three districts.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

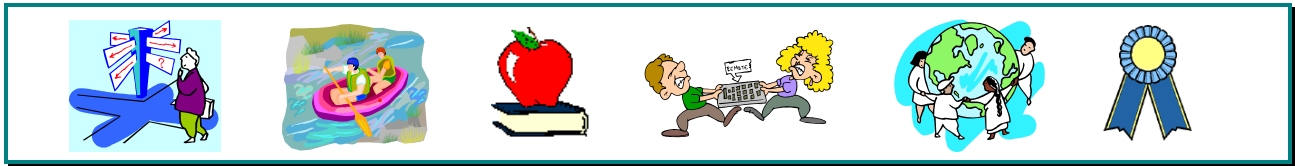
**ISLAND COUNTY**

**Program:** South Whidbey Youth Center

**Contact:** Mindy Magnusson

**Phone:** (360) 221-4142

**Mission Statement:** To actively build and promote healthy communities.



**Activity #1: ATOD-free Youth Programs: After-school Drop-Inn, Late Night, After Hours and Heads Up Mentoring.**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; Early Initiation of the Problem Behavior; Laws and Norms Favorable To Drug Use, Firearms and Crimes; Opportunities, Skills and Recognition; and Healthy Beliefs and Clear Standards.
- ◆ Description: Collaborative projects that offered supervised ATOD-free youth activities including recreation, community service, mentoring, enrichment classes, field trips, food, and interactive fun after school. Programs were tied to community policing strategies and community/school policies, promoted positive involvement, and modeled appropriate behavior. The target population was youth 10 – 18 years of age within the service area. Programs were intended for all youth, but were directed toward high-risk youth.
- ◆ Outcome measures:
  - ◇ Focus Group data: Youth reported:
    - An increase in feeling accepted by adults.
    - An increase in the number of hours they engaged in positive activities.
    - A decrease in their use of alcohol, tobacco and other drugs.
    - Enjoying the activities available and planned to continue participating.
  - ◇ Survey data indicated:
    - Increased pro-social behavior by youth.
    - Increased youth bonding with adults.
    - Increased youths' self-esteem.
  - ◇ Teachers/Parents/Participants reported:
    - Law enforcement, teachers and community leaders felt programs were positive environments for youth.
    - Youth reported they learned new skills.
    - Youth felt that their peers and adults respected them.
- ◆ Process measures:
  - ◇ 1,593 people, ages 11 – 18, were served.
  - ◇ 125 volunteers provided over 2,500 hours of service.
  - ◇ In-kind support included food and supplies, security, and rent-free facility use valued at \$10,000+. Other program support included funding from local individuals, businesses, organizations, foundations and other grant-making agencies.
  - ◇ Agencies involved: South Whidbey Youth Center, Central Whidbey Youth Coalition, Partnership with Youth, and Stanwood-Camano Community Resource Center.

## **Activity #2: Parent Education and Support**

- ◆ Risk/Protective Factor(s): Family Conflict; Family Management Problems; Opportunities, Skills and Recognition; Healthy Beliefs and Clear Standards; and Bonding.
- ◆ Description: Parent education, support groups, referral services, and consultation designed to increase the capabilities of parents to effectively parent their children.
- ◆ Outcome measures:
  - ◇ Survey data indicated:
    - Increased sense of parental competency.
    - A decrease in unresolved problems.
    - A decrease in family conflict.
  - ◇ Teachers/Parents/Participants reported:
    - Increased communication skills.
- ◆ Process measures:
  - ◇ 336 people, ages 16 – 55, were served through parenting education courses, consultations, and resource information and referral services.
  - ◇ Three volunteers contributed 82 volunteer hours.
  - ◇ In-kind support included use of meeting space, materials and food valued at more than \$2,000.
  - ◇ Agencies involved included Catholic Community Services and Stanwood-Camano Family Resource Center.

## **Activity #3: Community Mobilization and Technical Assistance**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: Increase cohesion among community members and groups to work collaboratively around the issues of substance abuse, and develop a comprehensive understanding of risk and protective factors, and resiliency.
- ◆ Outcome measures:
  - ◇ Survey data:
    - Increased cooperation among community organizations.
    - Coalitions brought more than \$4 million in new funding to our communities for substance abuse prevention.
    - Police reported positive relationships with youth and increased cooperation in crime investigations. They believe the coalition programs brought about this success.
    - Key informants reported high levels of collaboration and cooperation. They plan to continue to focus on communication as part of ongoing coalition development.
- ◆ Process measures:
  - ◇ In-kind support included coordination of local community mobilization agency, funding from school district, financial support from local community service organizations, and facility use.
  - ◇ Over 50 partners in four regions of the county worked together to provide hundreds of hours of alcohol, tobacco, and other drug awareness planning and activities.
  - ◇ Agencies involved included South Whidbey Youth Center, Central Whidbey Youth Coalition, Catholic Community Services, Stanwood-Camano Family Resource Center, and Partnership with Youth.



**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

**JEFFERSON COUNTY**

**Program: Community Mobilization Program**

**Contact: Jude Anderson**

**Phone: (360) 379-4495**

**Mission Statement:** To reduce youth substance abuse and violence by creating a sense of community ownership of the problems and solutions; forging community/provider partnerships and alliances; using available data to drive program decisions; evaluating current and emerging community resources; funding local and culturally-relevant approaches to addressing identified problems; and recommending legislative action.



**Activity #1: Youth Center Support**

- ◆ Risk/Protective Factor(s): Law and Norms Favorable to Drug Use, Firearms, and Crimes.
- ◆ Description: Provided operational support for Jefferson County's three youth centers/gathering places: The Boiler Room (Port Townsend), the Tri-Area Teen Center (Port Hadlock), and the Quilcene Teen Center. The primary strategy of the youth centers was to increase the local programs' ability to conduct effective science-based prevention activities. Program staff was given training on the risk and protective factor model; they identified those factors they believed their programs most impacted; and then they designed and implemented outcome-based evaluations. The strategy answered the question of whether these programs—patronized by many youth in the county—were effective in influencing youth in healthy ways, and gave program staff the tools to measure success and determine needed improvements. This provided programs with a model to continuously improve their capacity to offer effective prevention programming.
- ◆ Outcome measures:
  - ◆ Program staff collected information from patrons on the perceived benefits and limitations of each of the centers. In 2002 – 2003, each program will implement changes based upon this feedback. The programs plan to conduct an additional evaluation activity (survey or focus group) to determine the success of changes made.
- ◆ Process measures:
  - ◆ 575 people, ages 11 – 25, were served.
  - ◆ 160 volunteers provided 1,200 hours of support to the youth centers from July – June 2002.
  - ◆ In-kind support included volunteer time, community donations of furniture, food, games, books, and computer equipment. Funds were received from Jefferson County, United Good Neighbors, several private foundations, and individual donations. In-kind support totaled \$27,419.

**Activity #2: Healthy Youth Coalition**

- ◆ Risk/Protective Factor(s): Law and Norms Favorable to Drug Use, Firearms, and Crimes.
- ◆ Description: The Healthy Youth Coalition (HYC) was created to increase the ability of local youth program providers to conduct effective science-based prevention activities and model healthy values and expectations concerning substance abuse. The Coalition, a collaborative project of the Community Network, Community Mobilization, and DASA Prevention, served as a forum to enable over 75 providers, agency and government officials, and concerned citizens to communicate and network with one another, and to become familiar with local youth substance abuse issues and the array of programs that exist to address them. Training members in science-based prevention technology was a priority.

Members also received training in grant writing and cultural competency. The Coalition's mission was to develop a formal prevention plan to identify substance abuse prevention programming needs and steer funding searches and decisions, based in part on the Collaborative Needs Assessment. It is expected that the plan will guide the expenditure of state-awarded Community Network, Community Mobilization, and DASA prevention funds.

- ◆ Outcome measures: Jefferson County Health and Human Services received a federal grant that will provide the means to evaluate the effectiveness of the Coalition in meeting its objectives. The evaluation will cover areas such as membership, communication, direction, leadership, accountability, and functioning. A pretest survey will be administered in January 2003, and a post-test towards the end of the year.
- ◆ Process measures:
  - ◇ Breadth and diversity of Coalition membership.
  - ◇ Volunteer hours contributed to Coalition meeting attendance and other HYC-sponsored activities.
  - ◇ Number of community members reached.
  - ◇ Grants awarded to the Coalition.
  - ◇ Grants in which the Coalition has an oversight capacity.
  - ◇ Media pieces created by or referring to the Coalition.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

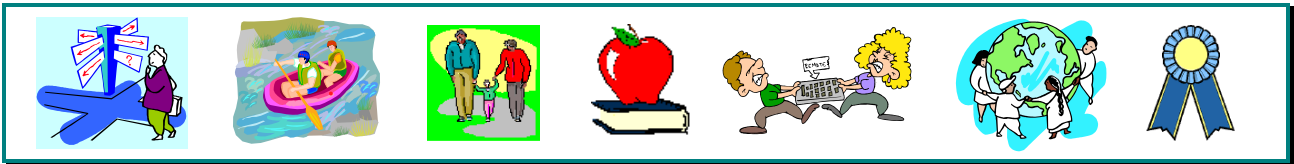
**KING COUNTY**

**Program:** Community Organizing Program

**Contact:** Laura E. Edwards

**Phone:** (206) 296-5250

**Mission Statement:** To involve every community in King County in substance abuse and violence reduction prevention and intervention strategies.



**Activity #1: After School Programs, Drug and Alcohol-Free Youth-Led Events, and Youth Leadership Activities and Councils.**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior; and Friends Who Engage in the Problem Behavior.
- ◆ Description: Provide activities throughout King County that increase youths' alcohol and drug resistance skills, decrease favorable attitudes towards drugs and violence, support non-using youth, and create opportunities for youth to develop leadership and pro-social life skills. All projects conduct outcome surveys of results.
- ◆ Outcome measures:
  - ◇ Survey data indicated:
    - Increased emphasis on drug- and alcohol-free activities.
    - Increased conflict resolution skills.
    - Increased awareness of non-violent problem solving choices.
    - Increased awareness of healthy lifestyle choices.
    - Increased commitment to school.
  - ◇ Youth participants reported:
    - "If I wasn't here at this thing, I would have been out hanging on the street, or smoking pot, I'm glad I'm here ..."
    - "I know now that there are some other ways to work things out instead of calling someone out and getting in a fight."
- ◆ Process measures:
  - ◇ 2,835 youth, ages 12 – 18, were served.
  - ◇ Over 1,400 volunteer hours were donated.
  - ◇ In-kind support included \$39,519 in community match for \$15,550 awarded to 20 community groups.

**Activity #2: Parenting Programs, Family Focus Groups and Parent Meetings, and After School Tutoring and Parent Support for Refugee and Immigrant Populations.**

- ◆ Risk/Protective Factor(s): Family History of Problem Behavior; and Family Management Problems.
- ◆ Description: Provide family support activities including the *Middle School Parenting for Drug-Free Years* series in middle schools, a Multi-Faith Initiative to support families dealing with troubled youth, and an After-School Tutoring and Parent Support Program for refugee and immigrant parents. These community prevention/early intervention strategies were key to communities of culture and color, including the Somali and Pacific Islander communities.

- ◆ Outcome measures:  
All parenting projects completed surveys to demonstrate measurable accomplishments. Survey Data showed:
  - ◇ Increased awareness of community support options.
  - ◇ Increased attachment to community resource.
  - ◇ Increased skills in talking to youth regarding substance use and non-violent problem solving.
  - ◇ Parents attending reported:
    - “I don’t know what we would have done without this information, we have been almost afraid to talk to our teen after the young man was shot in the Shoreline school district ... now we can have a family conversation ... and we feel like we are prepared to talk to him.”
    - “I know we can do a better job now of dealing with conflict in our family ... we think this will help with our son’s bullying problem at school ... maybe we can help him deal with what’s going on without fighting.”
    - “I now know where to go if I think my kid is using ... and what to look for if he is.”
- ◆ Process measures:
  - ◇ 702 parents were served.
  - ◇ 144 volunteers provided 1,200 volunteer hours.
  - ◇ In-kind support included \$19,730 in local match was leveraged based on a CM investment of \$6,210 spent in 11 communities.

**Activity #3: Multi-Cultural Community/Block Events, Youth Leadership Events, Anti-Bullying Awareness Programs in Schools and Communities, and Drug/Alcohol and Violence Prevention Community Strategies**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: Provide the “Best Practice” strategy of Community Mobilization and partnership building as a primary prevention tool. Activities included the county-wide Meth Action Team and Initiative, youth-created *Peer Helper* programs, Anti-Alcohol/Drug and Violence media campaigns, and PTA-sponsored family and youth prevention events.
- ◆ Outcome measures:  
All projects completed surveys that demonstrated measurable accomplishments. Survey Data showed:
  - ◇ Increased knowledge about safety and health.
  - ◇ Increased social support and decreased sense of isolation.
  - ◇ Decreased incidence of graffiti and vandalism.
  - ◇ Increased number of youth who felt valued by their community.
  - ◇ Increased coping skills to make healthy decisions.
  - ◇ Increased number of youth who were referred for help via *Peer Helpers*.
  - ◇ Community and Youth participants reported:
    - “I feel so much safer in my community now that we have gotten together ...”
    - “Now I know who to go to in my school if me or one of my friends needs help ...”
    - “I had no idea there are so many of us working on drug and alcohol issues ... I think our only hope in getting ahead of this problem is if we all work together.”
- ◆ Process measures:
  - ◇ 7,690 people, ages 12 – 80, were served.
  - ◇ 102 volunteers provided 1,967 volunteer hours.
  - ◇ In-kind support included \$63,369 in match leveraged from \$39,826 in CM funding provided to 51 communities.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 - June 2002**

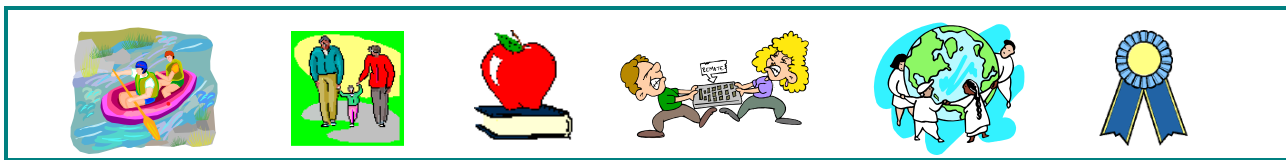
**KITSAP COUNTY**

**Program:** Community Mobilization Against Substance Abuse

**Contact:** Mary Ellen de la Pena

**Phone:** (360) 337-4878

**Mission Statement:** To support strategies, community coordination and programs devoted to reduction of the risk factors associated with substance abuse and violence.



**Activity #1: Kitsap County Domestic Violence Task Force (KCDVTF)**

- ◆ Risk/Protective Factor(s): Family Conflict.
- ◆ Description: The Kitsap County Domestic Violence Task Force (DVTF) is a coalition of community members, chemical dependency and domestic violence treatment agencies, law enforcement, probation services, Prosecuting Attorney's Office, and health district staff. The goal of the DVTF is to create a coordinated community response to domestic violence in order to increase: 1) prevention of domestic violence; 2) safety for survivors; and 3) accountability for perpetrators.
- ◆ Outcome measures:
  - ◆ A formal evaluation was completed July 30, 2002. Evaluation questions included: 1) Did the KCDVTF contribute to the safety of DV victims; and 2) Was the KCDVTF perceived as effective. Three groups -- survivors, community participants, and board members -- were asked a series of questions aimed at gauging effectiveness.
    - The survivor group (seven women housed in the local shelter for battered women) indicated that they had seen and used the KCDVTF Resource Guide to Domestic Violence.
    - Nine community participants rated the overall effectiveness of the KCDVTF as high.
    - Fifteen board members rated the KCDVTF as inclusive and effectively run.
    - KCDVTF is providing victims and community members with information and education that is contributing to the safety of victims.
- ◆ Process measures:
  - ◆ The DVTF Speakers' Bureau made 13 presentations to 685 individuals from area agencies and businesses.
  - ◆ 5,700 Domestic Violence Resource Guides were distributed.
  - ◆ 250 people attended the fourth annual Domestic Violence Summit on October 2, 2002.
  - ◆ 40 volunteers contributed more than 400 hours of volunteer time.

**Activity #2: Teen Late Nights**

- ◆ Risk/Protective Factor(s): Availability of Drugs; Low Neighborhood Attachment and Community Disorganization; Bonding; Healthy Beliefs and Clear Standards; and Opportunities, Skills and Recognition.
- ◆ Description: Kitsap Family YMCA Program offers recreational, educational, and mentoring activities on Friday and Saturday nights. The goal is to offer a safe, drug- and violence-free environment for youth. Designed to serve all youth, one indicator of its success is that it attracts homeless youth and school-aged youth who are not attending school.
- ◆ Outcome measures:
  - ◆ Youth continued to participate in this program in growing numbers. There was a high ethnic minority participation rate of approximately 56 percent.
- ◆ Process measures:
  - ◆ 2,610 youth participated in the late night program.

- ◊ The Bremerton Police Chief is one of 57 volunteers active in this program.
- ◊ Volunteers contributed approximately 2,600 hours last year.

### **Activity #3: Public Housing Family Support Camp**

- ◆ Risk/Protective Factor(s): Family Management Problems.
- ◆ Description: Kitsap County Consolidated Housing Authority provided residents with opportunities to develop productive, drug and violence free lives. The camp experience provided families who were not able to afford summer vacations with their children the opportunity to enjoy time together in recreational and educational activities. It promoted bonding to the family through learning and experiencing healthy family interactions and activities in a low stress, camp environment.
- ◆ Outcome measures:
  - ◊ The Community Services Director for the Kitsap Consolidated Housing Authority, Deb Howard, said: “This is a way to build positive family memories in a safe, supportive environment. Children and their parents are trying things that they have never done before. A group of teens led the campfire songs together and several children swam and paddled a canoe for the first time. In evaluations, family campers identified the following values: quality (unstressed and relaxed) time with other family members, wholesome family fun, and support from/communication with other families.
- ◆ Process measures:
  - ◊ 77 people participated.
  - ◊ The Campfire Boys and Girls Camp (Niwana) was used at reduced cost.
  - ◊ Approximately 12 teen volunteers and two adult volunteers worked with three paid staff to coordinate camp activities, for a total of 224 volunteer hours.
  - ◊ The Family Camp project received the *Pacific Regional PRAIS Award* and the *National Association of Housing and Redevelopment Officials (NAHRO) Merit Award* in 2001 for outstanding Resident and Client Services.

### **Activity #4: Community Liaison for Youth Violence Prevention (a.k.a., Serious Habitual Offender Community Action Program/SHOCAP)**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes.
- ◆ Description: The program coordinated efforts of schools, local law enforcement, and the juvenile justice system to target youth that were repeat offenders. This allowed for rapid response to probation violations and other offenses in order to hold the youth accountable and assure community safety.
- ◆ Outcome measures:
  - ◊ Analysis of Pre-SHOCAP data compared to SHOCAP data indicated:
    - Recidivism rates decreased by nearly 30 percent (felonies – 28 %; misdemeanors – 29%)
    - Probation violations increased by 1.39 times (increased from 46 to 64 violations)
    - Warrants increased by 1.68 times (increased from 22 to 37 warrants)
    - Days served in detention increased 1.59 times (increased from 482 to 769)
  - ◊ “For the year 2001, the recidivism rates for youth placed in the SHOCAP supervision showed a 68 percent drop in felonies committed and a 76 percent drop in misdemeanor convictions” when compared to the youth on Standard Probation (Shawn Embree, SHOCAP staff).
- ◆ Process measures:
  - ◊ Survey Data: 37 law enforcement personnel and 56 school personnel were surveyed. Eighty-four percent of law enforcement personnel and 76 percent of school personnel knew of the program and how it works. Seventy-three percent of law enforcement and 52 percent of school personnel felt the program helped to maintain community safety.
  - ◊ 40 youth, ages 13 – 17, were served.
  - ◊ Schools and cities contributed approximately \$25,000 in cash and in-kind. The juvenile detention facility provided office space valued at \$6,250.

# COMMUNITY MOBILIZATION

## Program Summary, July 2001 – June 2002

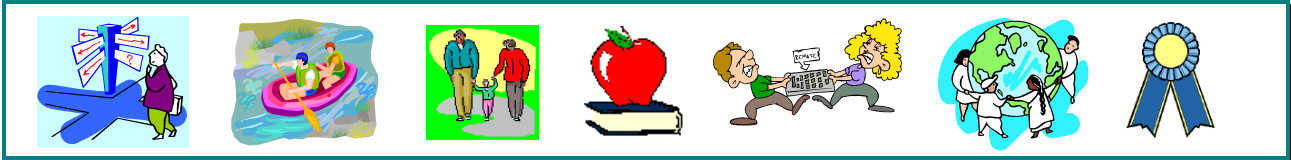
### KITTITAS COUNTY

**Program:** ADDS Prevention Program

**Contact:** Andrea Dugan

**Phone:** (509) 925-9821

**Mission Statement:** To promote strategies and implement effective services which support all residents of the county in the prevention and reduction of substance abuse, addiction, and related problem behaviors. Recognizing that we are all affected by substance abuse, we will utilize information provided by a broad spectrum of community members in our efforts to bring this mission to fruition.



#### Activity #1: Youth Advisory Boards

- ◆ Risk/Protective Factor(s): Alienation, Rebelliousness, and Lack of Bonding to Society.
- ◆ Description: Youth Advisory Boards in Upper and Lower Kittitas County encouraged drug- and violence-free lifestyles by: 1) developing board capacity, leadership skills, and ATOD knowledge via ATOD conferences and school presentations; 2) conducting community service projects, including creating and maintaining downtown gardens, wrapping Christmas gifts for nursing homes, and doing cemetery cleanup; and 3) organizing, promoting, and implementing alternative activities for county youth including bowling night, barbecue and swim day, Halloween party, basketball night, golfing, game day at CWU game room, zoo outing, and developing an anti-drug/alcohol video.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants' verbal reports indicated improved behavior of Youth Board Members and appreciation by community members for the community service projects.
  - ◇ Qualitative ethnographic interviews with participants, director, and staff indicated that a high degree of bonding occurred between youth and director/staff; that youth developed a sense of belonging; that youth had something worthwhile to contribute and were acknowledged; that youth had a place to develop social and academic skills; and that youth were supported in having healthy beliefs and clear standards.
  - ◇ Two major Board development activities occurred (WA State Prevention Summit and MADD Leadership Conference) that resulted in collaboration amongst students in three school districts to develop a joint youth prevention strategy for the 2002-03 school year.
- ◆ Process measures:
  - ◇ 873 people, ages 6 – 55, were served.
  - ◇ 80 volunteers were involved in the activity from religious organizations, Central Washington University, the schools, the health department, private nonprofit organization, business, and others, providing approximately 200 volunteer hours.
  - ◇ 31 drug- and alcohol-free activities were organized and implemented.
  - ◇ Eight community service projects were successfully carried out.
  - ◇ Other in-kind: donated food and drink from local businesses; special rates for bowling, venues for meetings and events at 56 percent of the CM grant.

#### Activity #2: YAHOO (Young Adults Have Other Options) Upper County Prevention Coalition

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: A community coalition developed out of the Communities That Care (CTC) model. Much effort went toward reorganizing and assessing community readiness and needs. Using CTC, the coalition

supported the development of a new skateboard park, sent a team of four youth and two adults to a prevention/leadership conference, and provided adult guidance for the Youth Advisory Board.

- ◆ Outcome measures:
  - ◇ Survey data: A *Community Key Leader Survey* asked 47 questions about community members' views of the community's readiness to benefit from prevention efforts. The survey indicated:
    - Community members have a low level of awareness regarding community programs that address alcohol and other drug abuse prevention.
    - Community members are spending little time collaborating with others concerning alcohol, tobacco, and other drug abuse (ATOD) prevention.
    - Community members believe ATOD prevention is relatively important.
    - Community members are interested in becoming actively involved in ATOD prevention.
    - Community members are interested in more information regarding the time and energy commitments that a community-related ATOD prevention program would require.
    - Community members are relatively concerned about whether the community has sufficient ATOD prevention programs available.
  - ◇ A focus group, concerning community issues and needs, showed concern about norms favorable toward ATOD use and a lack of youth activities.
- ◆ Process measures:
  - ◇ 12 people, ages 12 – 65, were served.
  - ◇ 15 volunteers were involved in the activity from the Health Dept., private non-profit agencies, and civic organizations, providing 105 volunteer hours.
  - ◇ In-kind support included building materials, mileage, and meeting space valued at 25 percent of the CM grant.

### **Activity #3: Mediation Training and Parent/Youth Mediation Outreach**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; Family Management Problems; Family Conflict; and Bonding.
- ◆ Description: 1) Forty-hour basic mediation training was offered to law enforcement and social service agents. Intensive outreach was provided to build community awareness and ascertain the need for the service; and 2) Intensive outreach was provided for the Parent/Youth mediation services in order to build community awareness and ascertain need for the service.
- ◆ Outcome measures:
  - ◇ Teachers/parents/participants reported:
    - Daily written evaluations were made during basic mediation training that allowed participants to reflect on the effectiveness of the training and their ability to understand the material.
    - Before and after each training session, trainers/coaches provided written feedback assessing the skill level of each participant.
    - A written exam, four mock mediations, and three observations of real mediations were required for certification as a mediator for the Dispute Resolution Center. Coaches made recommendations regarding each individual's abilities
    - Parent/Youth Outreach: The outreach worker kept a log of all contacts and speaking engagements, material covered, numbers present, and general audience response. Over 650 people were reached through personal contact and speaking engagements; approximately 6,000 people were exposed to the media campaign; and over 2,000 pieces of literature were distributed.
- ◆ Process measures:
  - ◇ 650 people, ages 10 -- 66+, were served.
  - ◇ 10 volunteers were involved in the activity from the Community Health and Safety Network, Prevention Programs, legal services, private non-profit agencies, the general community, education, and juvenile justice, providing 380 volunteer hours.
  - ◇ In-kind support included: Refreshments, meals, materials, and meeting space totaling 119 percent of the CM funding.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**Klickitat County**

**Program:** Community Mobilization

**Contact:** Steve White

**Phone:** (509) 493-247090

**Mission Statement:** To effectively address the problems of substance abuse and violence by promoting collaboration, communication, commitment, and cultural competency.



**Activity #1: Community Organizing and Development of CM Board**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: To recruit, train, and maintain an active CM Board to oversee the program. There had not been an active, functioning CM board for several months before this program coordinator was hired to provide CM services. The program was managed part-time by one of the board members on a volunteer basis. The first requirement was to identify agencies, organizations, and community members to serve on the CM board. Since there are many small, isolated communities in Klickitat County, this was a challenge. Contacts were made with numerous individuals associated with agencies and organizations that support the substance abuse and violence prevention effort. A few interested parties were identified and recruitment continues. Meetings have been held with currently interested members to revitalize the board and determine its mission.
- ◆ Process measures:
  - ◆ Three meetings were held with an attendance that varied between 3 -- 6 people. Strategies for attracting more members were discussed. Members agreed to assist with recruitment.

**Activity #2: 4-H Summer Camp**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior; and Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: The 4-H Summer Camp was conducted in partnership with the Oregon counties of Wasco, Hood River, and Sherman to promote opportunities for bonding and resiliency building in youth and reduce substance abuse among youth. This year the emphasis was on developing life skills and positive character attributes. Counselors received leadership training prior to the campers' arrival. Volunteers were an essential part of camp and served in many capacities. In addition to formal presentations, there were games, meals, campfire activities, recreational activities, and chores.
- ◆ Outcome measures:
  - ◆ Survey data: Counselors reported increased leadership skills.
  - ◆ The program was financially self-sufficient.
  - ◆ There was a diversity of campers.
  - ◆ There was increased partnership with Americorps, 4 – H, and other community partners.
- ◆ Process measures:
  - ◆ 31 people, ages 10 – adult, were served.
  - ◆ Many volunteers were involved in the activity from Americorps and 4-H.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 1, 2001 – June 30, 2002**

**LEWIS COUNTY**

**Program:** Lewis County Community Mobilization

**Contact:** Sue Burnett

**Phone:** (360) 740-1450

**Mission Statement:** Community members participating in creating and sustaining healthy communities, free from substance abuse and its related social ills.



**Activity #1: FIVE-O (Families in Violence Education and Outreach)**

- ◆ Risk/Protective Factor(s): Family Management Problems; Family History of Problem Behavior; Favorable Parental Attitudes and Involvement in the Behavior; and Healthy Beliefs and Clear Standards.
- ◆ Description: The Human Response Network, a local service agency that deals extensively with sexual assault and domestic violence victims, is the subcontractor for this project. The targeted populations are children (4 – 6 years of age) who have witnessed domestic violence and male youth (10 – 13 years of age) who have witnessed domestic violence or exhibit violent behavior. These children participate in weekly support groups and, as deemed appropriate, can access one-on-one support services as well. The majority of referrals come from school counselors. Staff members also go to schools and speak about healthy relationships, role modeling, and family violence.
- ◆ Outcome measures:
  - ◇ Survey data: participants in groups indicated they were glad for the chance to talk about their problems.
- ◆ Process measures:
  - ◇ Eleven 10 -- 14 year old male youth attended weekly support groups.
  - ◇ Four 10 – 14 year old male youth participated in one-to-one sessions.
  - ◇ Eight children, 4 – 6 years of age, took part in one-to-one advocacy and support sessions.
  - ◇ Twelve violence prevention presentations were given in rural schools, impacting over 300 youth.

**Activity #2: 6th Graders Night Out**

- ◆ Risk/Protective Factor(s): Bonding; Healthy Beliefs and Clear Standards; and Opportunities, Skills and Recognition
- ◆ Description: Centralia Parks and Recreation and Thorbecke's Fitness Center, through a collaborative effort, host a once-monthly two-hour program for 6<sup>th</sup> grade students. Participants can exercise, swim, learn/play volleyball or other activities, dance, do karaoke, play games, have snacks, and win prizes.
- ◆ Process measures:
  - ◇ 450 sixth graders participated. Average monthly attendance was 165.
  - ◇ Service clubs and high school students assisted in chaperoning. Social service agencies provided youth access to information on topics including diversity, methamphetamine, safety information, and tobacco prevention.

**Activity #3: Spring Youth Fair**

- ◆ Risk/Protective Factor(s): Bonding; and Opportunities, Skills and Recognition.

- ◆ Description: Community Mobilization purchased tickets at a discount for the Spring Youth Fair, a community event targeted toward youth. In addition, “Buck and Elizabeth” provided family entertainment for two performances.
- ◆ Process measures:
  - ◇ 215 admission/carnival tickets were provided to low-income, high-risk families to enable them to participate in a community activity as a unit.
  - ◇ 100 fairgoers attended the entertainment, geared around healthy decision-making and drug- and violence-free messages.
  - ◇ In-kind support: The Fairgrounds donated the space for a booth for outreach activities. Head Start covered half the cost of 75 tickets for program enrollees.

#### **Activity #4: MACE (Methamphetamine Awareness and Community Education)**

- ◆ Risk/Protective Factor(s): Availability of Drugs; Community Laws and Norms Favorable to Drug Use, Firearms and Crimes; and Bonding.
- ◆ Description: MACE activities included Power Point presentations, community outreach, a Methamphetamine Summit for community leaders, and a Youth Summit for high school students. Presentations were made to any group interested in learning about the meth problem in Lewis County. Outreach was done through Youth and Safety Fairs. The Meth Summits were held to reach leaders countywide, educating, getting feedback, and encouraging the formation of community coalitions.
- ◆ Outcome measures:
  - ◇ Survey data: Post-presentation survey comments (including summit surveys):
    - “I have been so sheltered – I am so naïve! At least now I have an inkling about what’s going on around me.”
    - “Very informative, moved right along, knowledgeable speakers, good use of time. Thanks!”
  - ◇ Three community coalitions were formed as a result of the Meth Summit. Students from three high schools formed groups and created action plans to educate their schoolmates and/or communities about meth.
- ◆ Process measures:
  - ◇ 956 people, ages 20 - 70+, were served through presentations.
  - ◇ 110 youth, ages 14 – 18, were served through the Youth Summit.
  - ◇ 96 leaders attended the Meth Summit.
  - ◇ Outreach was estimated at 6,500 individuals.
  - ◇ Eight volunteers from the Sheriff’s Office provided 50 volunteer hours.
  - ◇ 12 volunteers from local service clubs provided 15 volunteer hours.
  - ◇ In-kind support: The Sheriff’s office donated food and staff support; Centralia Middle School donated space and janitorial services; the Juvenile Court donated printing and staff support; and Social Services donated staff support.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

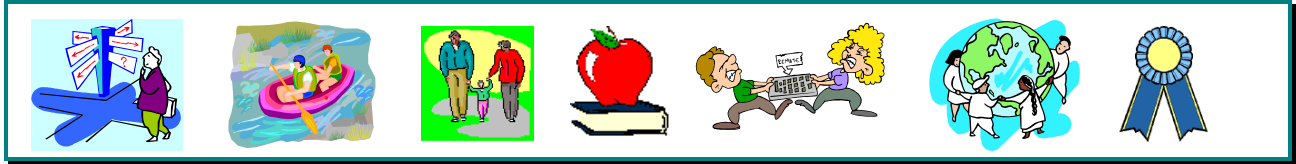
**LINCOLN COUNTY**

**Program:** Lincoln County Community Mobilization

**Contact:** Dan Pitman

**Phone:** (509) 725-2111

**Mission Statement:** To create a safe, healthy, drug- and violence-free community.



**Activity #1: 21<sup>st</sup> Century Summer Youth Program/Teen Time**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior; Social Skills; and Healthy Beliefs and Clear Standards.
- ◆ Description: Provide positive youth involvement in drug-free activities that promote long-term life skills, social skills, and opportunities to get along with others. Activities included computer classes, swimming lessons, extended library hours, tutoring, and after-school programs.
- ◆ Outcome measures:
  - ◇ Teachers/parents/participants reported: Programs have been ongoing in Lincoln County for several years and are well respected by participants, parents, teachers, and other citizens. Community Mobilization money is well used to expand services to communities and youth who would otherwise be unable to participate.
- ◆ Process measures:
  - ◇ 300 – 400 youth, ages 5 – 18, were served.
  - ◇ 50 – 60 volunteers were involved in the activity -- including parents, teachers, and community members -- providing over 1,000 volunteer hours.
  - ◇ In-kind support: WSU Cooperative Extension provides over \$19,000 of in-kind match with this program.

**Activity #2: Graduation Alternative Nights**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior.
- ◆ Description: The communities of Davenport, Reardan, Odessa, and Almira each provided an all night alcohol and drug-free event for graduating seniors. The events included social activities, games, and prize drawings for every senior in attendance.
- ◆ Outcome measures:
  - ◇ Teachers/parents/participants reported: The Alternative Nights are very popular in Lincoln County and are well supported by area businesses, parents, and schools. This year, two communities initiated the Alternative Nights in which nearly half the graduating class attended. Schools that have traditionally held an Alternative Night event have over 80 percent of the graduating class in attendance.
- ◆ Process measures:
  - ◇ 106 people, ages 16 – 19, were served.
  - ◇ 33 volunteers – including parents, schools, businesses, and community members -- were involved in the activity, providing 380 volunteer hours.
  - ◇ In-kind support included \$10,460 in time, cash, and donated goods.

### **Activity #3: Ladies Self-Defense Class**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior; Social Skills; and Healthy Beliefs and Clear Standards.
- ◆ Description: This event informed women of all ages about how to protect themselves and feel confident about themselves. It included education about the risks involved in the use of alcohol and other drugs.
- ◆ Outcome measures:
  - ◇ Teachers/parents/participants reported: Participants and instructors both felt the event went well and will gain in popularity if offered each year. Participants said they would recommend the class to others, as well as return themselves.
- ◆ Process measures:
  - ◇ 13 women, ages 14 – 60, were served.
  - ◇ Seven volunteers were involved in the activity – from the Family Resource Center, Mental Health, and the community – providing 28 volunteer hours.
  - ◇ In-kind support included \$300 in time and services.

### **Activity #4: Lincoln County Mentoring Program**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior; Social Skills; and Healthy Beliefs and Clear Standards.
- ◆ Description: The Mentoring Program is a new but much-needed addition to the prevention efforts in Lincoln County. The program is designed to recruit and train volunteer mentors, then provide an adult mentor to youth, ages 16 and under. The Mentoring Program offers support for mentors, as well as regular meetings and activities for both mentors and youth participants.
- ◆ Outcome measures:
  - ◇ Teachers/parents/participants reported: Mentors and participants recommended the experience to others.
- ◆ Process measures:
  - ◇ Two youth, ages 12 and 13, were served.
  - ◇ 12 volunteers from the community, schools, and Juvenile Court were involved in the activity, providing 80 volunteer hours.
  - ◇ In-kind support included: \$820 in donated time and services.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

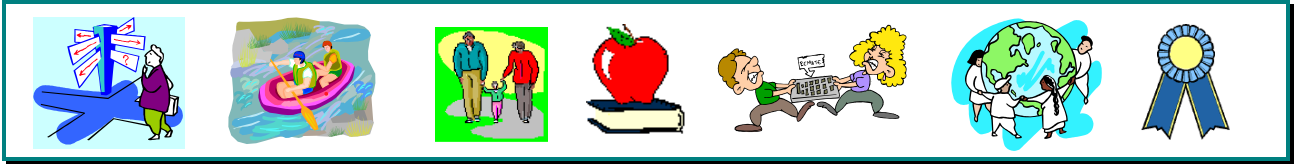
**MASON COUNTY**

**Program:** Mason County Drug Abuse Prevention

**Contact:** Julianna Miljour

**Phone:** (360) 427-1686

**Mission Statement:** To create communities free of substance abuse and violence, one child at a time.



**Activity #1: “Skills Talk For Kids”**

- ◆ Risk/Protective Factor(s): Lack of Commitment to School; and Opportunities, Skills and Recognition.
- ◆ Description: The Shelton School District, through 75 trained personnel, provides all Shelton High School students with skill building courses using the “Skills Talk For Kids” best practice curriculum. The goal is to increase social skills, appropriate behavior patterns, accountability, and self-efficacy among youth served; as well as address academic failure, ATOD use, and delinquency.
- ◆ Outcome measures:
  - ◇ Weekly advisory sessions to assess student progress were provided by trained school personnel incorporating the “Skills Talk For Kids” curriculum. The ITED and WASL student test scores demonstrated increased academic performance in the areas of reading and math; teacher reports indicated increased teacher/student communication.
- ◆ Process measures:
  - ◇ 34 sessions were provided to 1,400 Shelton High School students, ages 13 – 18.
  - ◇ 100 percent of students received services.
  - ◇ 100 percent of school staff were trained and provided support services.
  - ◇ 132 teachers provided 4,488 support service hours.

**Activity #2: English Second Language (ESL) Homework Room**

- ◆ Risk/Protective Factor(s): Lack of Commitment to School; and Opportunities, Skills and Recognition.
- ◆ Description: Mason County Literacy through the English Second Language program provided tutor training to adults and youth (ages 14+), including homework assistance and tutoring geared toward Hispanic, Native American, and Asian-American youth (ages 7 – 15), using culturally appropriate teaching techniques and learning environments. The goal was to increase academic performance by at least one grade level, and to reduce academic failure among high-risk student populations.
- ◆ Outcome measures:
  - ◇ The three-night-per-week drop-in student assistance program resulted in:
    - 114 sessions that served 69 students.
    - 50 percent remained with the program for a minimum of 30 days, of which 60 percent demonstrated increased capability in English language and interpersonal skills development.
    - Adults and youth (ages 14+) provided 595.50 volunteer hours.

**Activity #3: Community Development – Prevention Advocacy**

- ◆ Risk/Protective Factor(s): Friends Who Engage in the Problem Behavior; Laws and Norms Favorable to Drug Use, Firearms and Crimes; Healthy Beliefs and Clear Standards; and Opportunities, Skills and Recognition.

- ◆ Description: Regular meetings facilitated through Mason County Drug Abuse Prevention provide multi-system collaboration fostering inclusive and grassroots approaches, activities, styles, and methods used to address local substance abuse and delinquency issues. Focuses included:
  - ◇ Current substance and violence trends/indicators.
  - ◇ Resources that can effectively impact problem areas.
  - ◇ Assets and system gaps.
  - ◇ Needed areas of service replication.
  - ◇ Services that could be united to reduce duplication and increase desired impact.
- ◆ Outcome measures:
  - ◇ Weekly Mason County Youth Task Force and monthly Community Mobilization Interagency and Reducing Underage Drinking Task Force meetings resulted in a multi-system substance abuse prevention, education, and enforcement strategy. Results included:
    - 66.69 percent increase in liquor-licensed establishments that DO NOT sell alcohol to minors, as measured through compliance checks.
    - 93 percent increase in student knowledge rate of harm and legal consequences associated with substance use as measured through pre-post student surveys.
- ◆ Process measures:
  - ◇ 66 Interagency members representing 14 independent departments leveraged 894 volunteer hours that resulted in 929 additional citizens receiving educational services.
  - ◇ 32 Mason County Youth Task Force members (ages 14 – 20) leveraged 2,255 volunteer hours that resulted in 8,673 youth and their families receiving educational services.
  - ◇ 41 law enforcement officers from three jurisdictions received training to conduct compliance checks and party patrols, to reduce provision of alcohol to minors, and use of alcohol by minors.
  - ◇ Four grants were secured to support prevention efforts.
  - ◇ 25,000+ substance and violence prevention resource materials were disseminated to citizens.
  - ◇ 30 Public service announcements were published and four radio interviews aired to increase accurate news media coverage of:
    - Substance abuse and violence issues and their impact within the county.
    - Positive impact efforts conducted within the county.
    - Positive image of youth who are drug and alcohol free, provide community service, support enforcement of laws, and want more drug-free activities.

#### **Activity #4: “Smart Moves”**

- ◆ Risk/Protective Factor(s): Lack of Commitment to School; Friends Who Engage in the Problem Behavior; and Opportunities, Skills and Recognition.
- ◆ Description: Using the “Smart Moves” best practice curriculum, the Boys and Girls Club of West Sound provides drug prevention workshops serving youth, 6 – 16 years of age.
- ◆ Outcome measures:
  - ◇ Two teams of 4 – 5 individuals were trained to provide the “Smart Moves” program.
  - ◇ 118 sessions served 82 students.
  - ◇ 48 percent completed all sessions.
  - ◇ 100 percent of participants increased knowledge of the health risks associated with substance abuse.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001– June 2002**

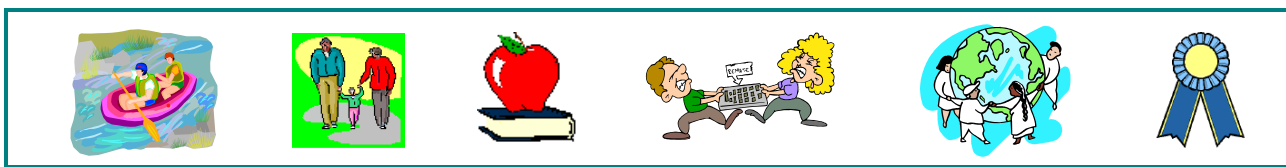
**OKANOGAN COUNTY**

**Program: Drug Prevention/Traffic Safety**

**Contact: Kerrie J. Gross**

**Phone: (509) 826-5096**

**Mission Statement:** To support healthy life choices within relationships and communities by encouraging decreased alcohol and/or drug use and improved traffic safety.



**Activity #1: “Dragonslayers” Parenting for Safe and Drug-free Youth**

- ◆ Risk/Protective Factor(s): Favorable Parental Attitudes and Involvement in the Behavior; and Healthy Beliefs and Clear Standards.
- ◆ Description: This program provided training to strengthen parental skills, attitudes, and abilities to successfully get their children through their adolescent/teen years and be able to effectively deal with poor behavior, irresponsibility, broken curfews, smoking, underage drinking, experimental drug use, and other undesired behaviors. Focus was on setting developmentally appropriate boundaries and standards. Eight videos were viewed in four separate sessions, two hours each session. Members of a local S.A.F.T.Y.E. Club and Community Mobilization staff provided free daycare.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported increased knowledge about ATOD use and abuse. They felt their discipline and management skills had improved and they were more confident about “taking charge” of various issues with their children. Many participants felt that their communication with their children and spouse had improved from the time the class began to the end of the sessions.
- ◆ Process measures:
  - ◇ Eight parents, ages 22 – 55, were served.
  - ◇ One of the eight parents was by referral. The other seven were by invitation.

**Activity #2: Community Mobilization**

- ◆ Risk/Protective Factor(s): Law and Norms Favorable to Drug Use, Firearms and Crimes; Early Initiation of the Problem Behavior; Favorable Parental Attitudes and Involvement in the Behavior; Healthy Beliefs and Clear Standards; Opportunities, Skills and Recognition; and Bonding.
- ◆ Description:
  - ◇ Bike Safety/Rodeos
  - ◇ Phone calls to support and provide technical assistance to community groups and agencies throughout the county
  - ◇ Okanogan County Fair
  - ◇ Interagency Consortium meetings
  - ◇ Interagency Leadership Council
  - ◇ Meth Education Presentations
  - ◇ 214 community meetings
  - ◇ 526 graduating seniors in nine school districts received a graduation card with a Drug-free message
  - ◇ Tobacco Sting
- ◆ Outcome measures:

- ◇ Alcohol-related crashes and fatalities continue to remain down by 22 percent.
  - ◇ Increased number of calls for assistance/support.
  - ◇ Continued media efforts to radio and local newspapers.
  - ◇ Three percent decrease in the number of retailers that sold tobacco products to minors.
- ◆ Process measures:
  - ◇ 616 people were trained.
  - ◇ 3,000+ people visited the fair booth and received information regarding ATOD use/abuse.
  - ◇ 350+ youth and adults experienced the Fatal Vision Goggles, with 21 percent of youth showing in post-tests an increased awareness of how alcohol affects the brain.
  - ◇ 2,500+ phone conversations with community members, agencies, schools, etc.
  - ◇ 214 meetings attended by coordinator to provide information about ATOD information and support.
  - ◇ 32,000 citizens received ATOD information through organized media efforts.
  - ◇ 375 community members in four communities attended methamphetamine awareness training.
  - ◇ Active community coalition with 39 members.
  - ◇ 75+ youth involved in Teens Against Tobacco training.

### **Activity #3: Youth Coalition Support**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes; Early Initiation of the Problem Behavior; Opportunities, Skills and Recognition; Bonding; and Healthy Beliefs and Clear Standards.
- ◆ Description: Enhance the social skills of adolescents by building group cohesion among and between youth, promoting pro-social behavior. Increase exposure of youth to other youth that are positive role models.
- ◆ Process measures:
  - ◇ 1,300+ youth and community members received information regarding ATOD from SAFTYE/Prevention Club members.
  - ◇ Four youth groups participated in the Prevention Puppet Program.
  - ◇ 821 school youth, ages 9 – 11, attended presentations.
  - ◇ Only one youth fatality occurred due to drinking and driving off the reservation. In the past, Okanogan County has been among the top three counties in the state.
  - ◇ There were no youth fatalities during times of high celebration, prom, or graduation as a result of alcohol-related crashes since rallies began.

### **Activity #3: Fatal Vision Goggles**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes; Early Initiation of the Problem Behavior; Favorable Parental Attitudes and Involvement in the Behavior; Opportunities, Skills and Recognition; Bonding; and Healthy Beliefs and Clear Standards.
- ◆ Description: Classes were provided at the request of the schools. This program increased awareness and knowledge of the effects of alcohol on the brain and how it impairs one's ability to drive. By wearing the goggles, court-referred DUI offenders, youth with MIP's, negligent driving offenders, community members, and driver's education students experienced what it is like to be impaired while driving. Goggles simulate impairment from .08 up to a .20 BAC level. Slides of local crashes were presented along with other related information.
- ◆ Outcome measures:
  - ◇ Survey showed that 534 court referred people showed increased awareness after presentations.
  - ◇ 57 percent of driver's education students showed increased awareness of effects of alcohol impairment and acknowledged that it is dangerous to drink and drive, according to pre- and post-tests.
- ◆ Process measures:
  - ◇ 918 youth participated in wearing the goggles during driver's education classes.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2000 – June 2001**

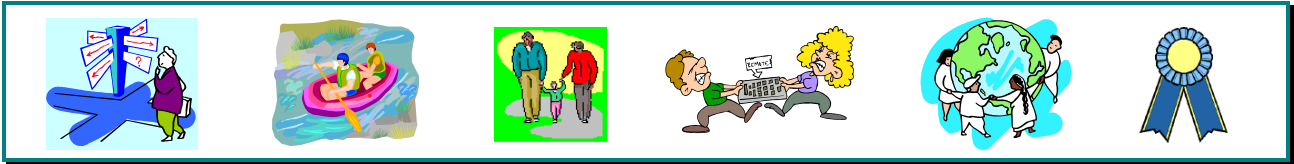
**PACIFIC COUNTY**

**Program:** Pacific County Community Mobilization

**Contact:** Kevin Beck

**Phone:** (360) 875-9343

**Mission Statement:** Provide quality health and human services for the citizens of Pacific County.



**Activity #1: PATHS Promoting Alternative Thinking Strategies**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior.
- ◆ Description: A comprehensive best practice curriculum implemented in 5<sup>th</sup> grade classrooms countywide. This 20-lesson model promotes emotional and social competencies while reducing aggression and behavioral problems.
- ◆ Outcome measures:
  - ◇ Survey data: Increased personal and self-competencies, and increased attachment to school.
- ◆ Process measures:
  - ◇ 220 people, ages 10 – 12, were served.
  - ◇ Volunteers were involved in the activity providing volunteer hours.
  - ◇ In-kind support: School districts countywide provided access to classrooms and coordination with scheduling.

**Activity #2: Youth Adventures**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior.
- ◆ Description: Outdoors experiential learning for high-risk youth referred by school district administrators. Success oriented activities were based on challenge by choice. Facilitators were trained in solving group conflict issues.
- ◆ Outcome measures:
  - ◇ Teachers/parents/participants reported increased interpersonal skills, trust, cooperation and bonding to pro-social influences.
- ◆ Process measures:
  - ◇ 12 people, ages 10 – 14, were served.
  - ◇ Volunteers were involved in the activity providing volunteer hours.
  - ◇ In-kind support: School districts' cooperation and support for releasing students for participation in program services during the school day.

**Activity #3: After School Activities Program**

- ◆ Risk/Protective Factor (s): Early Initiation of the Problem Behavior.
- ◆ Description: The After School Activities Program was school-based and designed to offer opportunities for youth to interact with pro-social adults and peers to learn new skills in a safe, consistent, supportive environment. The program served first through sixth grade youth in three school districts, every school day until 6 p.m. The program was in operation approximately 180 days in three locations for over 1,600 hours of direct service to youth. A community partner, Timberland Regional Library, presented a four-week literacy series at each program site. Youth also participated in programs offered in the library.

Other community-based opportunities for youth included touring the post office, a local pizzeria and fast food operation, and several trips to a bowling alley. An incentive drive for program participants was developed, with youth receiving points for completing homework, doing extra-credit work, reading, assisting other participants in activities, etc. Parents credited the incentive drive with an increase in reading skills and homework completion for their children. Family Dinner Night, where program participants cooked a meal for their family members, was a very successful event, with the school principal and superintendent in attendance. The After School Activities Program was embraced by the community and was seen as a tremendous asset for the schools, children, and families of Pacific County. When a funding request was made to a school board for fiscal support of the program for next year, parents and community members rallied, attending the school board meeting and making personal contacts with board members. The request for funding was approved.

- ◆ Outcome measures:
  - ◇ Survey data: A qualitative evaluation of the After School Activities Program indicated a very high level of satisfaction with the program from both parents and participants. Comments included:
    - “My child doesn’t have to go home to an empty house after school. I am willing to pay lots more money next year.”
    - “My child has been happy and well-cared for here.”
    - “It is WONDERFUL to have a safe place to have (my child) go each day after school, where we know he is happy and well cared for. Please reserve TWO spots next year as (younger sibling) starts first grade.”
    - “I want to go to the ASAP all the way to 6th grade.”
    - “I loved making the taco dinner. I love the after school program at (school).”
- ◆ Process Measures:
  - ◇ 83 people, ages 7 – 12, were served.
  - ◇ Four volunteers were involved in the activity from South Bend, Raymond and Willapa Valley School Districts, and the Timberland Regional Library, providing 50 volunteer hours.
  - ◇ In-kind support was provided by Raymond School District, South Bend School District, Willapa Valley School District, Willapa Children’s Services, Timberland Regional Library, Washington State Incentive Grant, and participating Program Families.

#### **Activity #4: Most People Don’t Use Drugs**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior.
- ◆ Description: A one-time presentation to each 7<sup>th</sup> grade class countywide to discuss students’ opinions about drug use. In the presentation, school survey data on 30-day use was shown and explained, and a series of graphs shown depicting Pacific County students’ use of ATOD. Prepared statements were read regarding the use of ATOD, and students were asked to respond to these statements according to their personal beliefs. Dialog as a result of this exercise was positive, and students expressed surprise at the low numbers self-reported by their peers.
- ◆ Outcome measures:
  - ◇ Teachers/parents/participants reported: Verbal response from school administrators was very positive. Several comments were made that this was the first time “good news” and “actual data” was presented to students regarding local ATOD use.
- ◆ Process measures:
  - ◇ 132 people, ages 13 – 14, were served.
  - ◇ In-kind support: provided by the Naselle, South Bend, and Raymond School Districts.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001-June 2002**

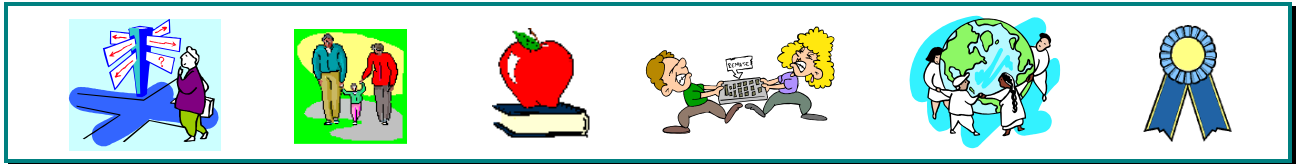
**PEND OREILLE**

**Program: Community Mobilization Program**

**Contact: Emilie Lydon**

**Phone: (509) 447-5651**

**Mission Statement:** To increase the capacity of Pend Oreille County to reduce the impact and incidence of Substance Abuse and Violence in our local youth.



**Activity #1: Communities That Care – Community Youth Development Strategy**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: A needs assessment conducted at the close of the 1999-2001 biennium identified Pend Oreille County's most critical needs to lie within the "Community" domain of the "Communities That Care" (CTC) prevention strategy. CTC is a community-based strategy to increase community readiness to implement and benefit from substance abuse and violence prevention activities. CTC has been identified by the Center for Substance Abuse Prevention as a "best practice." CTC is a model by which local communities can identify local risk and protective factors for substance abuse and violence, identify community resources and strengths to address these factors, and plan and implement strategies to reduce the impact and incidence of substance abuse and violence. Pend Oreille County plans to implement prevention strategies using the CTC-based "Social Development Strategy", a proven approach to increase protective Factors and reduce risk factors for substance abuse and violence.

Implementing the Social Development Strategy consisted of a series of trainings over the past year to nurture the formation of a Pend Oreille County community coalition devoted to the mission of reducing the risks that seriously threaten the healthy development of our local youth, or specifically, to prevent substance abuse and violence. The trainings provided the information and structure needed to implement a system to address ATOD abuse and violence at the community level. In the initial stages of the program, a "Core Planning Group" contacted key leaders and stakeholders throughout the county. The Core Planning Group and the CTC trainers jointly conducted a "Strategic Consultation." A two-day training was then given to orient those key leaders, as well as other community members, who had been identified, and who eventually came to comprise the Policy Board of the Community Coalition. Next steps include completing "Phase One" benchmarks, for which development has begun. In addition, six work groups were formed as a result of the training to work on the following tasks:

- ◆ Risk and Protective Factor Assessment
- ◆ Resources and Strengths Assessment
- ◆ Community Outreach and Public Relations
- ◆ Funding
- ◆ Youth Involvement
- ◆ Board Maintenance

Many community members have worked hard to develop the Pend Oreille County Community Mobilization Policy Board -- a much needed community resource.

- ◆ Process measures:
  - ◇ Over 65 people were involved in the beginning stages of developing the Community Mobilization Policy Board.
  - ◇ Over 165 volunteers from the community provided over 4,500 hours.
  - ◇ In-kind support: The County provided office supplies for education/dissemination and helped cover the costs of meals; the local newspaper provided media coverage for meetings, and local school districts provided meeting space, for a total value of more than \$15,000.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

**PIERCE COUNTY**

**Program:** Safe Streets Campaign

**Contact:** Alisa O'Hanlon

**Phone:** (253) 272-6824

**Mission Statement:** To empower individuals, families, youth, neighborhoods and organizations.



**Activity #1: Neighborhood Organizing**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: Neighborhood organizing is the process used to help citizens learn how to work with each other, law enforcement and other resources to create safe neighborhoods. Program staff, known as Community Mobilization Specialists, organize introductory block or neighborhood meetings where, commonly, the first accomplishment is that neighbors meet each other. The Mobilizer's objective during this first meeting is threefold:
  - ◆ To help neighbors identify issues of common concern.
  - ◆ To generate commitment from neighbors to mitigate the issue(s).
  - ◆ To introduce and educate neighbors about tools and resources (including people and agencies) that can help them in their mitigation efforts.

Some of the tools most commonly employed by neighbors are:

- ◆ A workplan or structure for specifying the problems to be resolved and the steps necessary to reach resolution.
- ◆ A phone tree or structure that supports and encourages neighbors to communicate with each other about what is happening in their neighborhood and, in turn, coordinate cooperative efforts.
- ◆ A house watch form that guides neighbors in how to effectively identify, document, and report suspicious activity in their neighborhood.

Some neighborhoods require only one meeting with a Safe Streets Mobilizer to learn the tools and resources available to help them mitigate their issues of concern and to support them in creating a safe neighborhood. Other neighborhoods face more challenging and entrenched problems that require the support of the Mobilizer over several months to continue to introduce the neighbors to additional tools, techniques, and connections that will help them in their efforts to resolve neighborhood problems.

Whether the direct support from the Mobilizer is one meeting or several months, Safe Streets continues to support the neighborhood in its commitment to safety by promoting awareness of emerging issues and resources. This on-going awareness is achieved through regular Safe Streets newsletters, notification of community meetings by partner agencies, annual community events such as National Night Out, and community forums and trainings coordinated by Safe Streets known as Safe Streets Academies.

Though seemingly simplistic, the more than ten-year track record of the Citizen Empowerment program shows that it does help citizens to become more involved in their community, which, in turn, is a verifiable asset in the effort to reduce crime and create safe neighborhoods.

- ◆ Outcome measures:
  - ◆ Survey data: Excerpted from a letter dated 8 October 2001:  
“...The local citizenry has been organized through the efforts of Safe Streets to work together and with the local police. During this period we did significantly reduce blight, remove unsavory

characters from our streets and neighborhoods, and reduce distress calls for police help. We now live and breathe more easily in our homes. ...Very truly yours, The good citizens of Sector 3 (Tacoma)”

◆ Process measures:

- ◆ 46,814 community members participated in block meetings and related support activities in Pierce County to reduce drugs, violence, and other illegal activities in their neighborhoods.
- ◆ 91 new block groups were formed.
- ◆ 2,000+ personnel from local business, community health and safety network, city government, county government, faith community, health department, housing services, human services, law enforcement, school district, civic organizations, treatment, tribal government, and youth partnered with Safe Streets to provide support and services to blocks and neighborhoods.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**SAN JUAN COUNTY**

**Program:** San Juan County Community Mobilization

**Contact:** Sally Conley

**Phone:** (360) 378-4474

**Mission Statement:** To foster safe and healthy family and community life and to create a drug- and violence-free community through participation of caring citizens who work together on priorities which reflect local community values and who create integrated and flexible programs and activities for children, youth, and families.



**Activity #1: Primary/Preschool Intervention (PIP) Programs**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior; Family Management Problems; Family Conflict; and Bonding.
- ◆ Description: Provided one-to-one child directed play for children, ages three to eight years old, which were at risk for early school failure for a variety of reasons. This school-based program addressed the needs of individual children.
- ◆ Outcome measures:
  - ◇ The first few weeks of school were spent getting to know the children and observing their behaviors and interactions. The teaching staff completed an Anger, Mood and Learning (AML) screening tool on each of the targeted children.
  - ◇ Each PIP child was evaluated with a pre-post Teacher-Child Rating Scale (TCRS). This is a screening tool used in all PIP programs in Washington State and across the country. The TCRS evaluates every child in seven areas: acting out, shy/anxious, learning frustration tolerance, assertive social skills, task orientation, and peer social skills. These areas are of impact to both current and future success in school.
  - ◇ Survey data: According to PIP national standards, any child who improved in four or more areas made significant gains overall. Ninety-three percent of the children served by the PIP programs showed significant overall progress in the areas of original referral.
- ◆ Process measures:
  - ◇ 164 people, ages 3 – 8, were served. An additional 168 people were served as caregivers and were part of the PIP program through parent conferences, individual counseling, parent education classes, and/or through other services. Their ages ranged from 19 – 65.
  - ◇ 33 volunteers were involved in the activity, providing 948 volunteer hours.
  - ◇ In-kind support included staff salaries, supplies, equipment/repairs, and space.

**Activity #2: Middle School Girls Group**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior, Family Management Problems; Family Conflict; Friends Who Engage in the Problem Behavior; Healthy Beliefs and Clear Standards; and Opportunities, Skills and Recognition.
- ◆ Description: The Middle School Girls Group was established to provide middle-school girls in the community with the opportunity to get together in a recreational/motivational setting outside of the school environment. Experiences were created that were designed to strengthen their sense of themselves and their future possibilities as young women in this world, as well as fostering healthy, respectful relationships with each other.

- ◆ Outcome measures:
  - ◇ Attendance was at a 100 percent participation level.
  - ◇ Survey data: the girls met in two groups, the 6<sup>th</sup> graders on one day and the 7<sup>th</sup> graders on another. The groups provided opportunities for building skills in leadership, decision-making, conflict resolution, and working in groups. The skills learned will enhance the prevention of at-risk behaviors in these pre-adolescent and adolescent young women.
  - ◇ Group leader observations were reported back to the program director along with participant self-reports. All participants reported increased self-esteem and personal empowerment. Both teachers and parents reported that participants exhibited increased positive behaviors and decreased problem behaviors and family conflict.
- ◆ Process measures:
  - ◇ 35 people, ages 12 – 14, were served.
  - ◇ Eight volunteers were involved in the activity, providing 102 volunteer hours.
  - ◇ In-kind support included staff salaries, supplies, space, and donations.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

**SKAGIT COUNTY**

**Program:** Community Prevention Activities

**Contact:** Karen Peterka

**Phone:** (360) 424-7790

**Mission Statement:** To provide alternatives to substance abuse through reinforcement and support of local community efforts. We serve as an information clearinghouse and coordinate countywide substance abuse prevention and alternative activities.



**Activity #1: Upper Valley Teen Connection**

- ◆ Risk/Protective Factor(s): Favorable Parental Attitudes and Involvement in the Behavior; and Opportunities, Skills and Recognition.
- ◆ Description: Provide alternative activities during high-risk times for youth. Activities included fund-raisers and social events. Youth group met on a weekly basis and provided training for at-risk youth in leadership, social skills, communication skills, group dynamics, and organizational and planning skills.
- ◆ Outcome measures:
  - ◆ Teachers/Parents/Participants reported: the youth group was successful through the continued dedication and participation of the youth.
- ◆ Process measures:
  - ◆ 75 teens were served.
  - ◆ Six volunteers provided 150 volunteer hours.
  - ◆ Other in-kind support included food for meetings, and transportation.

**Activity #2: North Cascades Health Council Prevention Activities**

- ◆ Risk/Protective Factor(s): Favorable Parental Attitudes and Involvement in the Behavior; Opportunities, Skills and Recognition; Healthy Beliefs and Clear Standards; and Bonding.
- ◆ Description: Support and promote prevention activities in the Sedro-Woolley area. These included:
  - ◆ *Skagit Kids Against Drug Use (SKADU)* with funds for food, activities, and supplies
  - ◆ Drug Free Graduation night at Sedro Woolley High School.
  - ◆ Youth Basketball Camp.
  - ◆ Sedro Woolley Boys and Girls Club.
  - ◆ Classroom materials, assemblies and AIDS speakers for the schools upon request.
  - ◆ Support drug/alcohol counselors in the schools with specific needs as requested.
  - ◆ Assist alternative school with specific needs for supplies and graduation.
  - ◆ Face painting, balloon animals, bubbles, artwork, bouncy house, and bingo for community events including Loggerodeo, Founders Day, and Blast to the Past.
- ◆ Outcome measures:
  - ◆ Teachers/Parents/Participants reported receiving feedback including “Great program”, “Let’s do it again”, “Educational”, and “very helpful.”
- ◆ Process measures:
  - ◆ 3,500 people were served, from babies to senior citizens.
  - ◆ 35 volunteers provided 200 volunteer hours.

- ◆ Other in-kind support: United Way provided \$4,500; Sedro-Woolley Kiwanis, Thrifty Foods, and Sedro-Woolley Rotary and Soroptimists provided space and supplies.

### **Activity #3: Mount Vernon Family Heritage Day Event**

- ◆ Risk/Protective Factor(s): Bonding; Favorable Parental Attitudes and Involvement in the Behavior; and Law and Norms Favorable to Drug Use, Firearms, and Crimes.
- ◆ Description: Funding supported Family Heritage Day, which is a celebration for Hispanic families and the entire community. The Mother's Day celebration provided entertainment for all ages. Activities included dancing, youth group involvement, break dancing, and prevention information. This multi-cultural event received very positive feedback as a great collaboration between community organizations, which helped make this a successful event.
- ◆ Process measures:
  - ◆ 400+ people were served.
  - ◆ 22 volunteers staffed the event.

### **Activity #4: Community Children's Christmas Party**

- ◆ Risk/Protective Factor(s): Law and Norms Favorable to Drug Use, Firearms and Crimes; Opportunities, Skills and Recognition; and Bonding.
- ◆ Description: The Community Children's Christmas Party brings low-income families with children together at one site for gift and food distribution, and to educate about the community, safety issues, and the dangers of drugs and alcohol.
- ◆ Outcome Measures:
  - ◆ Families are tracked when they arrive for the event. Healthcare providers, local law enforcement, local fire department, and community services providers supply information about safety and social services available (i.e., helmets distributed, gun locks distributed, flyers/information about substance abuse and alcohol distributed, books distributed, food bank information).
  - ◆ Participants Reported: Volunteers, community leaders, law enforcement and fire department staff gave very positive comments. The local newspaper was very involved, giving good press coverage.
- ◆ Process Measures:
  - ◆ 7,000+ people were served.
  - ◆ 200+ volunteers were involved, providing 1,000+ volunteer hours.
  - ◆ Other in-kind support: \$100,000+ (toys and cash).

### **Activity #5: Burlington-Edison Community Parent Network/Director**

- ◆ Risk/Protective Factor(s): Favorable Parental Attitudes and Involvement in the Behavior; Healthy Beliefs and Clear Standards; and Opportunities, Skills and Recognition.
- ◆ Description: The BECPN established a directory to gather as many parent, community, school and youth signatures on commitment forms to pledge to actively chaperone ATOD and violence-free activities, be positive role models, follow and support appropriate rules; and actively communicate with other adults. This directory is published annually and includes a community resource section.
- ◆ Outcome measures:
  - ◆ Teachers/Parents/Participants Reported parents use the directory as a tool when their child is invited to a party or social event. Directory provides information on the school district helpline, social service agency services, and parenting tips. Families new to the school district have used the directory to make contact with other parents.
- ◆ Process measures:
  - ◆ 600+ families were served.
  - ◆ Ten adult volunteers provided 200+ volunteer hours.
  - ◆ Other in-kind support: Burlington-Edison school district provided secretarial support, use of copy machines, and paper to print 3,500 commitment forms.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

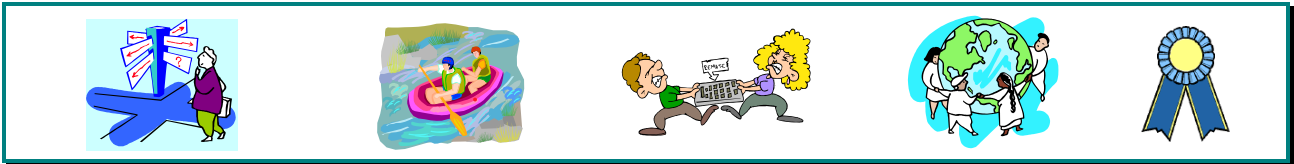
**SKAMANIA COUNTY**

**Program:** Skamania Substance Abuse Prevention

**Contact:** Susie Strom

**Phone:** (509) 427-9490

**Mission Statement:** Provide a healthy environment in which to enrich students. Provide substance abuse prevention through a resiliency model stressing developmental coping skills.



**Activity #1: Stevenson High School (SHS) Natural Helpers Training Program**

- ◆ Risk/Protective Factor(s): Alienation, Rebelliousness, and Lack of Bonding to Society; Lack of Commitment to School; Family conflict; and Availability of Drugs.
- ◆ Description: SHS Natural Helpers were trained on how to work with other students in dealing with a variety of personal problems, including achievement in school, drug/alcohol use, and relationships. In addition to the training, the Natural Helpers participated in other prevention activities focusing on drug/alcohol and tobacco prevention. The Teens Against Tobacco Use (TATU) program reached sixth grade students at three Elementary Schools. The Natural Helpers talked to students about the dangers of tobacco while involving the students in hands-on activities. They reached approximately 100 students with these presentations. Additional work around tobacco issues included participation of three Natural Helpers working on compliance checks in neighboring Clark County. Two of the students were able to present information at the May Tobacco Coalition meeting in regard to their experiences in both compliance checking and the TATU program. Four students participated in a media literacy training, designed to reach other teenagers with the message of media manipulation specifically targeting tobacco use. The students also presented this information to a youth summer work program through Skamania County Community Events and Recreation and Southwest Washington Health District.
- ◆ Outcome measures:
  - ◇ Formative Evaluation. Formative data included information such as the number of Natural Helpers, number of students helped, number of trained mediators, number of mediators, program staffing and organization, selection procedures, training, type of service provided, and program activities placed.
  - ◇ Summative Evaluation. This evaluation determined the degree to which the program was successful in achieving its intended goals. The information is both qualitative and quantitative. The qualitative information was gathered through assessments such as questionnaires and surveys. The quantitative information assessed the impact in such areas as student attitudes and behavior. Using the incidence rates on disciplinary referrals as well as the statistics from the PRIDE survey provided hard data around the issues of drug/alcohol use, violence/threatening behaviors, and increased protective and/or risk factors.
- ◆ Process measures:
  - ◇ 30 people, ages 15 – 18, were served.
  - ◇ 30 volunteers were involved in the activity, providing 77.5 volunteer hours.
  - ◇ In-kind support: the school district provided space, copying, and phone services. The US Forest Service provided space for the two-day training session. Local businesses provided all food and beverage for the training event. The local Newspaper provided free media coverage of Natural Helpers activities.

## Activity #2: Skamania County Youth Programs (SCYP)

- ◆ Risk/Protective Factor(s): Alienation, Rebelliousness, and Lack of Bonding to Society; and Bonding.
- ◆ Description: SCYP provided a continuum of developmentally appropriate prevention activities for Skamania County youth, ages 9 – 18. Activities served a diverse population of youth and were made available to all youth regardless of ability or economic status. Programs included: TAP, an outdoor adventure-based program developed to reinforce and introduce life skills while providing protective factors; Gorge Girls and Gorge Guys mentoring programs; a Teen Drop-In Center, providing structured and non-structured activities during the critical after-school hours; and the Swing Dance Club and Skate Club, offering ongoing activities in demonstrated areas of interest. All of the above elements combined the opportunity for community bonding with direct involvement of skilled mentors and leaders who promoted positive behavior and prevention norms. The SCYP Programs were modeled on proven strategies for preventing substance abuse and violence. Alternative drug-free opportunities were provided which is cited as an effective prevention resource by CSAP.

In a community with limited resources such as Skamania County, providing a “universal level of program implementation” may derive a direct and significant impact on behavior. In addition to the creation of opportunities for social bonding, SCYP delivered life skills that enabled youth to identify and use coping skills when they were faced with difficult decisions. Resilient youth with good information and adequate social resources was the intended outcome of all SCYP Programs.

- ◆ Outcome measures:
  - ◇ Baselines – SCYP Program used pre- and post-surveys. The surveys established a baseline for frequency of problem occurrences, availability, and support networks.
  - ◇ Evaluation Tools – Consisted of tracking participants’ levels of involvement in programs over time, implementing the above-referenced surveys and instructor evaluations that monitored participants’ progress. Surveys were administered quarterly.
  - ◇ Individual Changes – Surveys indicated that most participants were drug-free, and those who did report substance abuse indicated that involvement in the program had helped them reduce their use. This will continue to be a benchmark for effectiveness. Additionally, SCYP expanded its use of measurement tools and strategies per CSAP’s recommendations. For instance, the Swing Dance Club highlighted improved nutrition and exercise behaviors. The Skate Club improved perception of athletic competence.
  - ◇ Group Changes – A model was implemented that promoted and enhanced positive peer bonding. The program increased self-concept and decreased the perception of peer alcohol, tobacco and marijuana use.
  - ◇ Community Outcomes – The local community benefited from having youth participate in programming that connected the youth to local resources, emphasized the value placed in individuals as a member of a community, and encouraged their participation in civic activities. These combined efforts resulted in a decrease in reported drug use and anti-social behavior. Surveys did indicate measurable improvements in behaviors and perceptions amongst a majority of participants.
- ◆ Process measures:
  - ◇ 246 people, ages 9 – 18, were served.
  - ◇ Eight volunteers provided 200 volunteer hours.
  - ◇ 304 service hours were provided.
  - ◇ In-kind: use of community events and recreation facilities, phones, and secretarial support.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**SNOHOMISH COUNTY**

**Program:** Community Mobilization

**Contact:** Carolyn G. Allendoerfer

**Phone:** (360) 654-2001

**Mission Statement:** To bring Snohomish County communities together to integrate and align their resources to more effectively address the needs of children, youth, and their families and to work together to create and maintain safe and healthy communities.



**General Summary:** During the 2001 -- 2002 program year, Snohomish County Community Mobilization funded 35 activities sponsored by 17 county organizations. They represented all communities in the county and all risk/protective factor domains. By receiving these grants, the organizations were able to conduct activities they could not have afforded without the grant, to expand programs to more people, and to provide assistance in organizing collaborative efforts in their communities. They leveraged more than \$200,000 of in-kind match and were supported by more than 3,700 volunteer hours for activities that directly benefited 17,580 people.

**Activity #1: Darrington Youth Center**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes; Low Neighborhood Attachment and Community Disorganization; Lack of Commitment to School; Early Initiation of the Problem Behavior; Bonding; and Healthy Beliefs and Clear Standards.
- ◆ Description: The center offers homework support, employment training, life skills training, a pregnancy prevention program, Pre-teen and Teen Nites, and community service activities.
- ◆ Outcome measures:
  - ◇ Surveys, observations, and focus groups indicated increased opportunities for youth, life skills increased, the number of youth involved in activities at The Youth Center increased, and the sense of isolation decreased. These are important outcomes for this isolated, rural community. School attendance increased; with only one exception, all participating seniors graduated; and participating females had fewer teen pregnancies.
- ◆ Process measures:
  - ◇ 410 youth, ages 11 – 18, participated in the program.
  - ◇ 20 volunteers provided 445.5 volunteer hours.
  - ◇ In-kind support: The Darrington Youth Center is a part of the Darrington Family Support Center (a program of Deaconess Children's Services and housed in its facility). Support also comes from the Darrington School District, the Snohomish County Foundation, merchants, and volunteers. In-kind contributions are estimated at \$9,774.

**Activity #2: ASAP – After School Activities Program in Marysville**

- ◆ Risk/Protective Factor(s): Lack of Commitment to School; Laws and Norms Favorable to Drug Use, Firearms, and Crimes; Early Initiation of the Problem Behavior; Opportunities, Skills and Recognition; and Healthy Beliefs and Clear Standards.
- ◆ Description: ASAP is a free, after-school program for sixth and seventh grade students. It is run by the Marysville Parks and Recreation Department and is held four days a week at Marysville Middle School from 2:25 p.m. – 5:00 p.m. The goal is to provide safe, positive, low cost, quality, substance-free

recreational opportunities for the youth attending Marysville Middle School. The variety of activities includes homework assistance, board games, tournaments, arts and crafts, and sports.

- ◆ Outcome measures:
  - ◇ Surveys, observation, and data collection show a dramatic drop in neighborhood crime in the school's vicinity during the time the program operates. More youth are attending school because they are not allowed to participate in the program if they are not in school that day. Surveys indicate that all of the students felt safer when they were attending the program than when they were on their own; and the students felt the staff cared about them and made them feel important.
- ◆ Process measures:
  - ◇ 438 students in the sixth and seventh grades participated in the program. The average attendance per day was 80.
  - ◇ 10 volunteers spent approximately 200 hours planning the activity at an estimated value of \$3000 – \$4000.
  - ◇ In-kind support: The Marysville School District provided space and transportation. The Marysville Middle School SAVE and TATU groups co-sponsored activities. The Marysville Police Department provided grant funding and officers to interact with the youth. The City of Marysville and the Marysville City Council supported the program through support of the Parks and Recreation Department.

### **Activity #3: Safe Stop Youth Program – A Saturday Night Teen Program in Sultan**

- ◆ Risk/Protective Factors: Low Neighborhood Attachment and Community Disorganization; Family Conflict; Alienation, Rebelliousness, and Lack of Bonding to Society; Opportunities, Skills, and Recognition; Healthy Beliefs and Clear Standards; and Bonding.
- ◆ Description: Safe Stop is a weekly Saturday night program for youth in the Sky (Skykomish) Valley area that is held at Sultan Middle School. The purpose is to provide structured, positive activities for youth ages 9 – 19. Some of this year's activities included dances; a multimedia presentation about tobacco, alcohol, and other drugs; support from a Cocoon House teen advocate; a demonstration and instruction by a local artist; an ice cream social; sports; and a cultural diversity celebration.
- ◆ Outcome measures:
  - ◇ Surveys showed that youth reported they had an attachment to their community; they knew how to get services from their community if they needed help; they felt a strong respect for adults in authority; they felt they could stay away from drugs and alcohol; and they did not have positive, effective communication skills.
  - ◇ Community responses included an observation by the police department that vandalism was reduced by 60 percent during the hours of Safe Stop. Community members were impressed by the fact youth were able to interact with different types of positive community members who were supportive and were good listeners. This interaction resulted in the creation of The Connection Line, a means for connecting youth with community and business members for jobs.
- ◆ Process measures:
  - ◇ 462 youth, ages 9 – 19.
  - ◇ 21 volunteers provided 140 volunteer hours.
  - ◇ 600+ informational brochures and flyers were distributed.
  - ◇ In-kind: Support came from all parts of the community including the Sultan School District, the Sultan Police Department, the Sky Valley Community Resource Center, members of the Sultan City Council, Volunteers Of America, and many merchants. Prizes, food, and chaperones were donated by Sultan businesses. The value of the in-kind contributions totaled more than \$20,000.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**SPOKANE COUNTY**

**Program:** Greater Spokane Substance Abuse Council

**Contact:** Linda Thompson

**Phone:** (509) 922-8383

**Mission Statement:** The Greater Spokane Abuse Council (GSSAC) encourages, facilitates, initiates, and assists all people, groups, and organizations to find solutions to alcohol, tobacco, and other drug abuse.



**Activity #1: School Based Mentoring Program—Provided by Big Brothers/Big Sisters**

- ◆ Risk/Protective Factor(s): Alienation, Rebellious, and Lack of Bonding to Society; Early and Persistent Antisocial Behavior; and Bonding.
- ◆ Description: Volunteer mentors are matched to children in school settings to provide social and academic mentoring.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported improved overall behavior, increased academic standings and a decline in disciplinary problems, as follows:
    - 62.3 percent showed improved academic performance.
    - 62.6 percent showed improved relationship with adults.
    - 63.6 percent showed improved ability to express feelings.
    - 70.3 percent showed improved attitude toward school.
    - 71.1 percent showed improved trust toward the teachers.
    - 79.3 percent showed improved self-confidence.
- ◆ Process measures:
  - ◇ 357 successful matches were made for students, grades one – six, in 19 area grade schools.
  - ◇ 357 volunteers were involved, providing 7,000 volunteer hours.
  - ◇ Other in-kind support included funding from Big Brothers/Big Sisters and Washington State Americorps. 70+ local businesses provided volunteer mentors.

**Activity #2: Indian Youth Leadership Camp -- Provided by N.A.T.I.V.E. Project**

- ◆ Risk/Protective Factor(s): Alienation, Rebelliousness, and Lack of Bonding to Society; and Bonding.
- ◆ Description: Intensive youth leadership camp modeled after the Medicine Wheel Method, challenging youth to become Warriors, Nurturers, Scholars and Community Activists.
- ◆ Outcome Measures:
  - ◇ Survey data: Journals kept by youth and goal sheets are followed up after the camp and discussed with students concerning their progress.
  - ◇ Teachers/Parents/Participants reported increased awareness of the consequences of choices, choosing non-using friends, healing, and resolving anger.
- ◆ Process measures:
  - ◇ 77 people were served aged middle to high school.
  - ◇ Eight volunteers and 14 staff provided 1,000 staff and volunteer hours.
  - ◇ Other in-kind support included tribal support through elder speakers, community support through leadership speakers, and Drug Free Communities federal grant funds of \$2,000.

### **Activity #3: Latchkey Alternative program—Provided by Central Valley School District**

- ◆ Risk/Protective Factor(s): Lack of Commitment to School; Alienation, Rebelliousness, and Lack of Bonding to Society; Early and Persistent Antisocial Behavior; Bonding; and Healthy Beliefs and Clear Standards.
- ◆ Description: This after-school program provided a variety of activities to assist youth to acquire positive social skills for use at home and in outside social and school settings.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported improved overall behavior, increased academic standings, and a decline in disciplinary problems.
- ◆ Process measures:
  - ◇ 1,741 children were served, grades one – six, at five grade schools.
  - ◇ 22 staff were involved in the activity, providing 1,290 hours of direct service.
  - ◇ Other in-kind support included free use of the school facility, foreign language classes and the young astronaut program provided by ESD 101, and community volunteer time.

### **Activity #4: Youth Community and Development Program—Volunteers of America Crosswalk Program**

- ◆ Risk/Protective Factor(s): Alienation, Rebelliousness, and Lack of Bonding to Society; and Bonding.
- ◆ Description: The following programs are provided to street youth: access to Spokane School District 81 Onsite School, Independent Living Classes, Young Mothers Support Group, Young Women's Group, Young Men's Group, Conflict Resolution and Mediation Training, Art and Poetry Workshops and other Recreational Activities. These provided youth with skills and motivation to make healthy lifestyle choices including high school graduation, employment, and choosing to remain drug and violence free.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported improved positive youth identity, including a connection and commitment to others; and improved overall behavior, commitment to school, and decline in disciplinary problems.
- ◆ Process measures:
  - ◇ 478 street youth were served.
  - ◇ 20 staff and volunteers were involved providing 162 direct service hours.

### **Activity #53: REACT (Reality Education and Choice Training) Program**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes; Favorable Attitudes Toward Problem Behavior; and Healthy Beliefs and Clear Standards.
- ◆ Description: Provide Community training for youth and families about the consequences of harmful choices about substance abuse and violence issues.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported commitment by parents and guardians to support positive choices that included healthy beliefs and clear standards as taught in trainings.
  - ◇ Increased resiliency among youth to not use. Reduced number of adult impaired drivers on the road through the DUI Victims Panel presentations.
- ◆ Process measures:
  - ◇ 4,000 participants served in REACT program presentations.
  - ◇ 2,115 court-ordered offenders attended the Spokane County DUI Victims Panel.
  - ◇ 25 staff and volunteers provided 125 panels with 250 direct hours and 680 indirect hours.
  - ◇ Other in-kind support included volunteers from local law enforcement, state and local Traffic Safety Commissions, Eastern Washington University Interns, youth, Washington Liquor Control Board, school personnel, local driver's education companies, and the Washington State Clearinghouse.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

**STEVENS COUNTY**

**Program:** Stevens Substance Abuse Coalition

**Contact:** Tom and Susan Lawver

**Phone:** (509) 684-6992

**Mission Statement:** To create a safe, healthy, drug, and violence free community.



**Activity #1: SCSAC Board Development**

- ◆ Risk/Protective Factor(s): Law and Norms Favorable to Drug Use, Firearms and Crimes.
- ◆ Description: The Stevens County Substance Abuse Coalition Board developmental focus was to strengthen and renew the membership by providing training and informational opportunities that would give the Board skills to promote SCSAC's Vision, Mission, Purpose, and Goals.
- ◆ Outcome measures:
  - ◇ Survey data: Coalition Survey, used in two reporting sessions, and data from the Stevens County Collaborative Needs Assessment.
- ◆ Process measures:
  - ◇ 131 people, ages 17 – 65, were served.
  - ◇ 131 volunteers from county agencies and organizations, school districts, parents, youth, and community members provided 170 direct and 80 indirect volunteer hours.
  - ◇ In-kind support included staff and volunteer time, materials and meeting facilities.

**Activity #2: Stevens County DUI Impact Panel**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes; Favorable Parental Attitudes and Involvement in the Problem Behavior; and Favorable Attitudes Toward the Problem Behavior.
- ◆ Description: The DUI Impact Panel brought together victims and court referred offenders in a setting in which offenders were compelled to learn about the terrible losses suffered as a result of impaired driving. These encounters evoked powerful and permanent impressions in the offenders about the wrongfulness of impaired driving, and led to changes in attitudes against drinking and driving. Victims, one year after their experience, described their lives before and after alcohol involved crashes. Survivors described the effects of losing loved ones in alcohol-involved crashes. Offenders described life changes resulting from sometimes-fatal crashes. The DUI Impact Panel met monthly, rotating locations throughout the county. SCSAC and Stevens County MADD co-facilitated the development of the project.
- ◆ Outcome measures:
  - ◇ Survey data: Participant satisfaction survey and program documentation was used. Data indicated a high degree of satisfaction with the panel presentations, and the majority of participants indicated that they would modify future behavior regarding their consumption of alcohol and driving.
- ◆ Process measures:
  - ◇ 100 people, ages 18 – 66, were served.
  - ◇ Eight sessions were held with an average attendance of 14 per session.
  - ◇ There were no repeat participants.
  - ◇ 47 volunteers were involved in the activity from SCSAC, MADD, and the community, providing 150 direct and 70 indirect volunteer hours.

- ◊ In-kind support included staff and volunteer time and meeting facilities.

### **Activity #3: ESP Mentoring and Personal Safety Programs**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes; Academic Failure in Elementary School; and Favorable Attitudes Toward the Problem Behavior.
- ◆ Description: The Environment and Safety Task Force [Northport] funded a Mentoring Initiative for grade school students during the summer. Promoting mentoring with community volunteers, the initiative focused on improving reading skills while providing an environment that encouraged bonding, positive reinforcement, and social recognition for youth.
- ◆ Outcome measures:
  - ◊ Survey data: Participant Satisfaction Survey and Program Documentation were used.
- ◆ Process measures:
  - ◊ 20 people, ages 13 – 18, were served.
  - ◊ Five volunteers were involved in the activity from school and community, providing five direct and 15 indirect volunteer hours.
  - ◊ In-kind support included staff and volunteer time, materials and meeting facilities.

### **Activity #4: Nine Mile Falls 4-H Sewing Summer Project**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes; and Early Initiation of the Problem Behavior.
- ◆ Description: The Nine Mile Falls 4-H Sewing Summer Project provided a mentoring opportunity for children (grades 5 – 8) and adults with role modeling within a positive learning and social environment. The students planned, implemented, and evaluated a sewing project. The Sewing Summer Project facilitated students learning a variety of skills, including communication, critical thinking, decision-making, leadership, and personal maintenance. This project was collaboration among SCSAC, Stevens County Extension 4-H Program, 21<sup>st</sup> Century Learning Center, and the Nine Mile Falls School District.
- ◆ Outcome measures:
  - ◊ Survey data: Participant Satisfaction Survey and Program Documentation was used.
- ◆ Process measures:
  - ◊ 15 people, ages 10 – 15, were served.
  - ◊ Two volunteers were involved in the activity from Stevens County Extension 4-H and 21<sup>st</sup> Century Learning Center, providing 10 direct and 15 indirect volunteer hours.
  - ◊ In-kind support included staff and volunteer time, materials and meeting facilities.

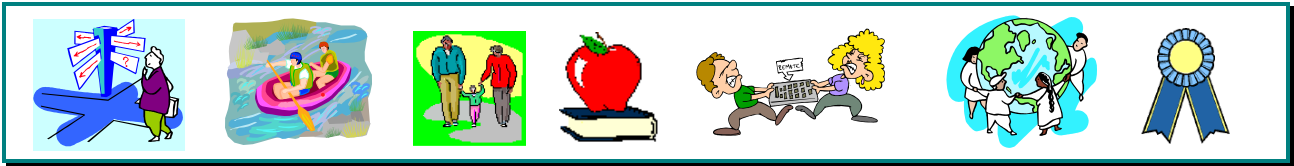
**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

**THURSTON COUNTY**

**Program: TOGETHER!**

**Contact: Earlyse Swift  
Phone: (360) 493-2230**

**Mission Statement:** The mission of TOGETHER! is to motivate community commitment to the health and safety of our youth.



**Activity #1: Kids' Place**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior; Academic Failure in Elementary School; and Friends Who Engage in the Problem Behavior.
- ◆ Description: Kids' Place targeted 50 first -- sixth grade students referred by Rochester School District teachers or counselors. Kids' Place provided safe and structured after-school activities and summer programs four days each week in Rochester. The program emphasized academic success, pro-social behavior, drug/alcohol resistance, self-esteem building, and resolving conflict in non-violent ways.
- ◆ Outcome measures:
  - ◇ Standardized Reading Test: 82 percent of Kids' Place participants, who began the year reading below grade level, ended the year at or above grade level in reading.
- ◆ Process measures:
  - ◇ 76 elementary school students participated in Kids' Place (unduplicated).
  - ◇ 39 parents participated in family activities.

**Activity #2: Parenting Classes**

- ◆ Risk/Protective Factor(s): Family Management Problems.
- ◆ Description: Targeted parenting class series to rural Thurston County residents.
- ◆ Outcome measures:
  - ◇ In a survey of parenting behaviors administered before and after the class, participants showed a positive change in behavior, emphasizing positive discipline techniques and taking action to establish rules and expectations with their children.
- ◆ Process measures:
  - ◇ 63 residents participated in the *Winning at Parenting* curriculum.

**Activity #3: Teens Against Tobacco and Alcohol (TATA)**

- ◆ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes.
- ◆ Description: High school teens within the North Thurston Public Schools were assisted in organizing a coalition to educate their peers about substance abuse issues, assist local law enforcement in retail compliance checks, and participate in community events emphasizing the health and safety of the youth in our community.
- ◆ Outcome measures:
  - ◇ Of 32 stores tested for retail compliance, 23 would not sell alcohol or tobacco without identification.
  - ◇ Four stores were cited for selling tobacco products to minors during compliance checks with Lacey Police.

- ◇ Five stores were cited for selling alcohol products to minors during compliance checks with Lacey Police.
- ◆ Process measures:
  - ◇ 1,250 high school students were educated about driving under the influence of drugs during a “mock crash” at Timberline High School.
  - ◇ 1,200 high school students were exposed to the consequences of driving under the influence of drugs during “Grim Reaper Day” at River Ridge High School.
  - ◇ 200 North Thurston Public School grade school children participated in an ATOD awareness activity, decorating grocery bags displayed in three area grocery stores.

**COMMUNITY MOBILIZATION  
Program Summary, July 2001 – June 2002**

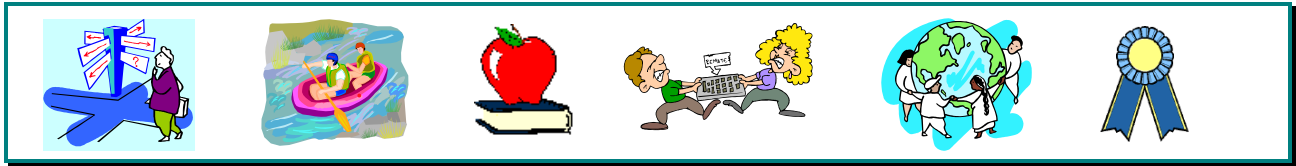
**WAHKIAKUM COUNTY**

**Program:** Wahkiakum Health and Human Services

**Contact:** Ronna Hobson

**Phone:** 360-795-8630

**Mission Statement:** To promote self-sufficiency, life long learning, and healthy living free of abuses and violence for children, teens and families.



**Activity #1: SYAP (Summer Youth Adventure Program)**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.
- ◆ Description: A summer activity program developed in collaboration with the St. James Family Center, the WSU 4-H Extension, and Wahkiakum County Health and Human Resources. Our goal is to provide interesting, educational and fun activities for as many children as possible.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported parents appreciated the low cost/no cost activities fit for all ages.
- ◆ Process measures:
  - ◇ 96 people, ages 3 – 13, were served.
  - ◇ 36 volunteers provided 120 volunteer hours.
  - ◇ Other in-kind support included setting up of classes, training of SYEP staff at eight hours, and advertisements for 20 hours.

**Activity #2: TAP (Teen Adventure Program)**

- ◆ Risk/Protective Factor(s): Healthy Beliefs and Clear Standards.
- ◆ Description: Teen Adventure activities occurred once a month and had a cost as low as \$5 (inability to pay did not prevent participation). Activities were alcohol and drug free.
- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported that snowboarding is the most popular event. It targeted many at risk participants.
- ◆ Process measures:
  - ◇ 178 people, ages 11 – 19, were served.
  - ◇ 17 volunteers provided 223 volunteer hours.
  - ◇ Other in-kind support included Peace Health bus usage, scheduling events, and advertising.

**Activity #3: DARE**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward Drug Use, Firearms and Crimes; Lack of Commitment to School; and Opportunities, Skills and Recognition
- ◆ Description: Provided skills and experiential lessons in positive alternatives when refusing drugs, alcohol and violent situations. The selected target audience was 6th graders, who participated in DARE instruction one hour each week for 17 weeks, with a uniformed police officer.

- ◆ Outcome measures:
  - ◇ Teachers/Parents/Participants reported that citizens regularly ask about the DARE program and lend their support in whatever way they can. Both the Wahkiakum School District and the Naselle-Grays River School District were supportive of DARE and other programs offered.
- ◆ Process Measures:
  - ◇ 165 people, ages 5 – 11, were served.
  - ◇ 50 sixth-grade students were served.
  - ◇ 10 volunteers provided 20 volunteer hours.
  - ◇ Other in-kind support included visits from Digger, the drug dog.

#### **Activity #4: Youth Resiliency Training**

- ◆ Risk/Protective Factor(s): Favorable Attitudes Toward Drug Use, Firearms and Crimes; Friends Who Engage in the Problem Behavior; Alienation, Rebelliousness, and Lack of Bonding to Society; Lack of Commitment to School; and Opportunities, Skills and Recognition.
- ◆ Description: Impact the transition of youth from middle school to high school life by providing an atmosphere in which developing aspects of social and individual awareness, cooperative problem solving, and self-esteem improvement can occur, in an outdoor learning environment. Challenge course activities include knowledge-based information about the impacts of substance abuse, bullying, and violence.
- ◆ Outcome measures:
  - ◇ Interviews with nine community members as part of the CMASA evaluation process. Positive outcome with suggestions for next year's program.
  - ◇ Pre- and post-core measure indicator from CSAP surveys that were completed by each participant four different times.
  - ◇ Tracking youth for participation in community boards, youth commissions, and program planning.
- ◆ Process measures:
  - ◇ 14 people, ages 13 – 18, were served.
  - ◇ Seven volunteers provided 196 volunteer hours.
  - ◇ Other in-kind support included transportation provided by the Wahkiakum School District.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

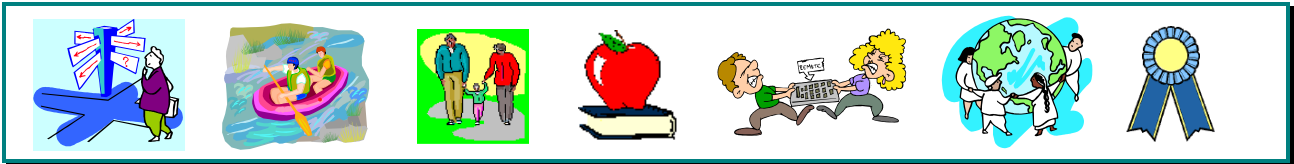
**WALLA WALLA COUNTY**

**Program: Community Mobilization**

**Contact: Alex Luft**

**Phone: (509) 527-3278**

**Mission Statement:** To create a school climate that respects cultural differences and community laws and norms, and fosters responsible decision making.



**Activity #1: Gang Resistance Education and Training (GREAT) program.**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; and Bonding.
- ◆ Description: The GREAT Program sought to reduce gang involvement and curb violence permeating communities. It helped youth to become responsible members of their communities by setting goals, resisting the pressure to join gangs, learning how to resolve conflict without violence, and understanding the negative ramifications of gang involvement. The goals were accomplished by: 1) providing students with accurate information on how gangs impact the quality of their lives; 2) teaching students the importance of setting goals for themselves; and 3) teaching students conflict resolution skills in order to avoid violent responses to conflict.
- ◆ Outcome measures:
  - ◇ Survey Data: The gang involvement section of the survey indicated that children were more aware of the dangers associated with gang activity and more prepared to resist gangs in their neighborhood. It showed that students were surprised at their increased awareness regarding gang activity and danger, and rated the class as more relevant to them at post-test than they did at pre-test.
- ◆ Process measures:
  - ◇ 83 people, ages 9 – 13, were served.
  - ◇ In-kind support was provided from both the local ESD and law enforcement, which actually facilitated the program.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

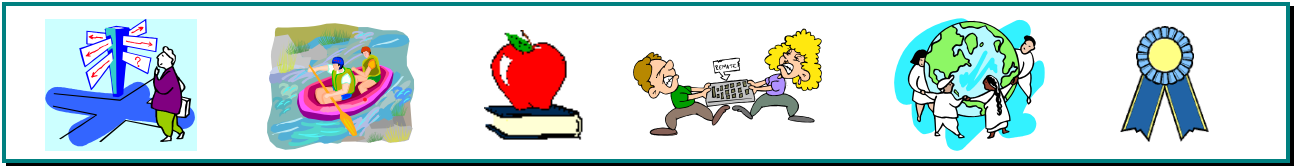
**WHATCOM COUNTY**

**Program:** Straight Talk About Responsibility

**Contact:** Jim DeGolier

**Phone:** (360) 671-6154

**Mission Statement:** Working in partnership within Whatcom County to reduce alcohol and other drug abuse.



**Activity #1: Whatcom County Drug Free Youth Program**

- ◆ Risk/Protective Factor(s): Early Initiation of the Problem Behavior; Friends Who Engage in the Problem Behavior; and Favorable Attitudes Toward Drug Use, Firearms and Crimes.
- ◆ Description: Provided recognition and support to teens committed to a drug-free lifestyle. Leaders offered incentives through discounts from local merchants, drug-free activities, and design of a membership t-shirt. Leadership opportunities were given to teens wanting a voice in the delivery of the program. Teen leaders from each participating school site were involved in determining aspects of the program activities. Serving on an advisory committee, they made decisions about program delivery, services to offer, and planned and implemented activities. Educational events were held with members to address alcohol use and tobacco use.
- ◆ Outcome measures:
  - ◇ Survey questions paralleled the Washington State Healthy Youth Survey 2002. Reported lifetime and 30-day alcohol use indicated:
    - 75 percent less drinking among program participants than the general youth population
    - Lifetime and 30-day use for marijuana indicated 100 percent less marijuana use among program participants than the general population.
  - ◇ After participating in the activities, members were more connected to school and community and indicated fewer friends who used.
  - ◇ UA test results of each member demonstrated 100 percent compliance with the drug-free pledge. These findings were consistent with the self-reported use rates.
- ◆ Process measures:
  - ◇ 564 people, ages 13 – 18, were served.
  - ◇ 30 percent of program members participated in education sessions.
  - ◇ 44 volunteers were involved in the activity.
  - ◇ In-kind support included numerous merchant discounts offered to members (10 – 20 percent per visit), free one-year memberships to Whatcom Family YMCA, and school liaison support to drug-free youth teen leaders at each participating school site, to monitor in-school activities.



**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

**WHITMAN COUNTY**

**Program:** Whitman Community Mobilization

**Contact:** Jana Koller

**Phone:** (509) 397-4966

**Mission Statement:** To facilitate, empower, and mobilize Whitman County to create and sustain healthy, safe and economically viable communities, free from substance abuse, violence and their related social ills, by fostering communication, cooperation and collaboration.



**Activity #1: Family Fair 2002 Celebrate the Arts**

- ◆ Risk/Protective Factor(s): Family Management Problems; Laws and Norms Favorable to Drug use, Firearms and Crimes; and Healthy Beliefs and Clear Standards.
- ◆ Description: An event for families and citizens throughout Whitman County that provided participants an opportunity to enjoy themselves while discovering a variety of agencies of assistance to them in raising their family. Over 30 different agencies from throughout the Palouse region collaborated with Community Mobilization and the Parent Resource Center, including Whitman County Library, United Way, Neill Public Library, Washington State University, and the Pullman School District.
- ◆ Outcome measures:
  - ◇ A survey administered to participants as they left Family Fair indicated that 95 percent felt the Family Fair was a great event, and was very useful to them.
  - ◇ The Steering Committee for the Parent Resource Center, which assisted in coordinating Family Fair, was thrilled with the success and attendance at Celebrate the Arts. It was the best attended Family Fair to date.
- ◆ Process measures:
  - ◇ 687 people, ages birth – 80, were served.
  - ◇ 50 volunteers provided 500 volunteer hours.
  - ◇ In-kind support included the Pullman School District donated use of the gym, foyer, classrooms, and janitorial services, totaling \$1500. Other agencies included Whitman County Library, Parent Resource Center, Neill Public Library, United Way, Whitman County Community Action Center and Washington State University, for a total of approximately \$1,000.
  - ◇ CM distributed over 1,500 pieces of anti-substance abuse material throughout the day. These included drug-free activity books, pencils, brochures, posters, bookmarks, pens, Frisbees, and stickers, with an emphasis placed on educational prevention materials for parents.

**Activity #2: Ropes Challenge Course**

- ◆ Risk/Protective Factor(s): Alienation, Rebelliousness, and Lack of Bonding to Society.
- ◆ Description: Youth from throughout Whitman County attended a one- or two-day event, depending on funding available, at the Elberton Ropes Course. Challenge course activities taught problem solving, communication, and team building skills, while offering bonding with a positive mentor assigned to each small group.
- ◆ Outcome measures:
  - ◇ Survey data: Pre- and post-tests indicated 74 percent of the youth reported teamwork as very important in their lives. Fifty – seven percent reported receiving a great deal of support and a high amount of positive feedback from their adult role models.

- ◇ When asked why this participant wanted to attend the ROPES Challenge course as a mentor, the response was: “To strengthen my leadership skills and to be able to help kids younger than me if they ever have a problem.”
- ◆ Process measures:
  - ◇ 63 people were served, grades 6 -- 12 in Whitman County Schools.
  - ◇ In-kind support included transportation, staff time and participation fees from the LaCrosse, Tekoa and Oakesdale schools, for approximately \$2,000.

### **Activity #3: Family Night Out**

- ◆ Risk/Protective Factor(s): Family Management Problems; and Laws and Norms Favorable to Drug Use, Firearms and Crimes.
- ◆ Description: Family Night Out is an evening event held at local schools to promote positive school - family interaction. It usually begins with a family meal served free of charge, followed by an educational activity dealing with substance abuse prevention, building stronger families, or communication skills. The evening ends with a debriefing of the night followed by door prizes that are given to encourage participation. This activity has been ongoing for several years in Whitman County and continues to expand and gain support.
- ◆ Outcome measures:
  - ◇ Survey data: Participants completing the Family Night Out Survey (on a scale of 1 – 5, 1 not so well and 5 being very well) rated the Family Night Out Program a 5.
  - ◇ Participants felt the program addressed substance abuse and violence prevention very well.
  - ◇ Participants also felt it was important for their family to: 1) learn about the dangers of children using alcohol and tobacco; 2) understand why the use of alcohol is especially dangerous for children versus adults; 3) know how to talk with children about these issues; and 4) increase the connections between families, schools, communities and community-based agencies.
  - ◇ Participants felt the Family Night Out program was very valuable to their community. One mother stated: “My children are much more aware of the reality of dangerous drugs in our area because of Family Night Out.”
- ◆ Process measures:
  - ◇ 150 people were served (average) at each event, and ages varied from infants to senior citizens.
  - ◇ Family Night Out involved three schools.
  - ◇ 25 volunteers were involved (average) at each site, providing 400 volunteer hours.
  - ◇ In-kind support included school facility use, volunteer time and materials, and funding from the Whitman County Tobacco Coalition and Educational Service District 101.

### **Activity #4: Puppets for Prevention**

- ◆ Prioritized Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms and Crimes.
- ◆ Description: Puppets for Prevention uses older youth to deliver an educational prevention message to youth in grades three and below, during the school day, at special events, and at Family Night Out. Puppet shows cover driving under the influence, alcohol, tobacco and marijuana effects on the body, and anger management. Skits last about five minutes each and are followed by question and answer sessions.
- ◆ Outcome measures:
  - ◇ Teachers and building administrators reported that children were actively engaged in the puppet shows. All building administrators have asked that Puppets for Prevention return for another show.
- ◆ Process measures:
  - ◇ 175+ people, grades K – 12, were served. Nine high school students delivered the puppet shows in three separate school districts.
  - ◇ Ten volunteers provided over 55 volunteer hours.
  - ◇ In-kind support included staff supervision time, classroom space, transportation to and from events, and use of school facilities to host the event.

**COMMUNITY MOBILIZATION**  
**Program Summary, July 2001 – June 2002**

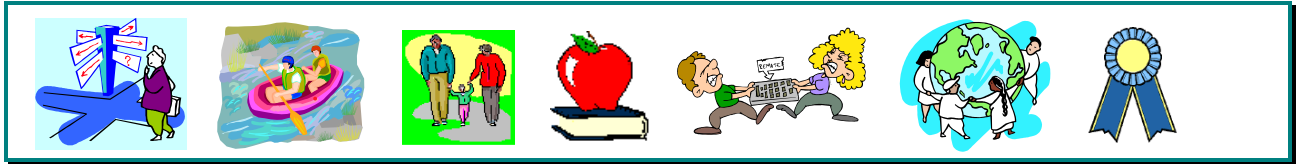
**YAKIMA COUNTY**

**Program:** Yakima County Substance Abuse Coalition

**Contact:** Steve Magallan

**Phone:** (509) 575-6114

**Mission Statement:** To reduce and prevent substance abuse and related crime and violence in Yakima County.



**Activity #1: Lower Valley Substance Abuse Coalition**

- ◆ Risk/Protective Factor(s): Availability of Drugs; Low Neighborhood Attachment and Community Disorganization; Organizing Activities; and Support Activities.
- ◆ Description: The four cities involved with the Lower Valley Substance Abuse Coalition are integrally involved in the planning and implementation of community mobilizing activities. The continuation of the Summer Parks Program for children aged 9-12; Midnight Live, and National Night Out Against Crime and Drugs are some of the accomplishments of the LVNSAC.
- ◆ Outcome Measures: The coalition's successful coordination of community activities has provided impetus for collaboration within the Lower Yakima Valley.
- ◆ Process Measures:
  - ◇ Total enrollment at the Summer Parks Program was 38. Average daily attendance of the Summer Park Program was 35 children.
  - ◇ 175+ teen-age participants attended Midnight Live.
  - ◇ 1,000+ people participated in the National Night Out Against Crime.

**Activity #2: Academic Learning Lab**

- ◆ Risk/Protective Factor(s): Early and Persistent Antisocial Behavior; Family Management Problems; Lack of Commitment to School; Bonding; and Lack of Commitment to School.
- ◆ Description: Learning lab was provided for students struggling to achieve academically.
- ◆ Outcome Measures:
  - ◇ 57 students participated in the Academic Learning Lab.
  - ◇ Activities included community service projects and conflict resolution training.
- ◆ Process Measures:
  - ◇ Survey data: Pre and Post school records indicate an increase in reading, spelling and math grades.
  - ◇ School data: Disruptive behavior, school incident reports, and disciplinary actions decreased.

**Activity #3: Martin Luther King Jr. Community Event]**

- ◆ Risk/Protective Factor(s): Opportunities, Skills and Recognition; Healthy Beliefs and Clear Standards; and Bonding.
- ◆ Description: The Martin Luther King Jr. event is community wide and involved community members from all walks of life. This year a special focus was made to include youth.
- ◆ Outcome measures:
  - ◇ 1,200 community members attended the event.
  - ◇ Increased youth participation.

- ◊ Increased awareness regarding violence prevention as it pertains to racial and other forms of discrimination.
- ◊ 20 teens committed to volunteering for one year in the spirit of the motto: Remember! Celebrate! Act! A Day On, Not A Day Off!!
- ◆ Process measures:
  - ◊ 35 youth wrote essays about the importance of Martin Luther King Jr. Day.
  - ◊ Youth discussion groups: Intentional discussions about the issues of discrimination in our community.
  - ◊ 20 youth signed volunteer commitment forms.

#### **Activity #4: Drug and Alcohol Awareness Month**

- ◆ Risk/Protective Factor(s): Availability of Drugs.
- ◆ Description: The education system was a partner in activities to involve youth in substance abuse and violence reduction activities.
- ◆ Outcome measures:
  - ◊ Multiple school districts in the ESD 105 Region participated.
  - ◊ 5,000 students were involved in substance abuse and violence prevention activities.
- ◆ Process measures:
  - ◊ ESD 105: Individual reports from participating instructors indicated increased student participation in theme contest.

#### **Activity #5: National Night Out Against Crime and Drugs]**

- ◆ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; Opportunities, Skills and Recognition; Organizing Activities; and Support Activities.
- ◆ Description: The purpose of National Night Out is to heighten crime and drug prevention awareness; generate support for, and participation in, local anticrime programs; and strengthen neighborhood spirit and police-community partnerships. This year, the city of Yakima focused on individual block parties instead of one large community event. The four cities of the LVSAC organized one large community gathering.
- ◆ Outcome measures:
  - ◊ Increased numbers of communities participating in this annual event.
  - ◊ Increased individual block parties in the city of Yakima.
  - ◊ Increased participation by community leadership.
  - ◊ 1,000 community members attended NNO activities countywide.
  - ◊ Increased number of community members signing up for neighborhood block watch.
- ◆ Process measures:
  - ◊ Law Enforcement: Block party sign up forms.
  - ◊ Law Enforcement: Neighborhood block watch presentations.
  - ◊ Actual participation by community leaders in event planning and event participation.
  - ◊ Actual participation by community members.